

# resilience



- Are you struggling with adversity in your life?
- Don't know how to move forward or gain direction?
- No idea where to start with an idea or project?
- Unsure of your purpose and direction?
- Do you feel like you're in survival mode?
- Are you looking for a positive pathway?

## Why Hire Justine?

As a Resilience Consultant, Justine guides her clients to develop and sustain a positive mindset. Drawing on her years of experience and knowledge, she forms a partnership with clients aimed at optimising their health and wellbeing through strategies and practices.

Building resilience is a key life skill; a skill everyone needs to consistently work at. Life can throw us some curve balls; illness, job loss, death, no apparent purpose, but ... it is our inner strength - our resilience that makes us get back up and navigate the journey of change. That defines who we are.

Clients book Resilience Consulting for a myriad of reasons, however if you are experiencing any of the listed above, please book an initial consultation today with Justine to explore your options and she can tailor a program to your needs.

## CORE SERVICES

Resilience consulting

Success and transformation consulting

Tailored to your needs

Face to face or Zoom

## FEES

- Single Session - 1 hour [Inc GST] \$197
- Standard 12 x 45 Minute Consulting Sessions [Inc GST] \$1297
- Monthly Sessions - pre-paid 1 Month in advance of Booking Date.
- Student or Concession Card Holder Discounts apply. Please inquire.
- NDIS Self Managed and Plan Managed clients are very welcome.