

MICHELLE WINROW

BACHELOR OF PUBLIC HEALTH

the authentic wellness coach

THE BEST GIFT IS THE GIFT OF WELLNESS

In 2017, the ABC's "War on Waste" reported that, in Australia, six thousand kilograms of clothing is dumped into landfill every ten minutes. That's right... 6000 kilos, Thirty-six ton every hour. Further to this, the latest Australian Bureau of Statistics Household Expenditure Survey for 2015-2016 reported:

\$20.4 billion a year spent on fashion

\$2.7 billion a year spent on gadgets

\$14.9 billion a year spent on alcohol

\$13.4 billion a year spent on beauty products

And... an alarming \$38.5 billion a year spent on medical expenses.

Every day, globally, people spend billions of dollars on retail therapy. Does this release a happiness endorphin? Maybe for a few minutes. Is it still around the next day? No. That moment is gone. What about when the credit card statement arrives? No long-term happiness there. Retail therapy is not the answer, so wouldn't it make sense to spend money on something that is? Something that can provide more happiness, every day, and change your life for the better?

What is that special something? Most people don't know. But the answer starts easily with authentic Wellness Coaching. Why? Well, because it's someone who's there just for you. A good listener, a mentor, a moral supporter and a solutions provider. A personal coach with a passion for getting you on the path to sustainable happiness. That's what I do. Every day.

Wellness coaching is about taking a journey together for you to be happier, healthier and living with optimal wellness. It's a structured process tailored specifically around your current situation and designed to ultimately help you be the person you want to be. Now, here's an answer you will know. Next time you're asked, "What can I buy you?", or, when you're trying to think of a gift for someone you care about, here are some great wellness gift-voucher options:

The Activate Consultation

Awakening - discover your wholistic, wellness vision. How do you dream to live? Together, we'll develop intermediate goals and an action plan for living a healthier, happier life with more energy and vitality. This is a three-hour investment in you and includes your favourite coffee or juice - \$449

The Revitalise Consultation

Reconnect - This is the reality check. A new perspective. A reset of your habits and includes a wonderful self-care plan - allow two invigorating hours - \$299

The Intenso Consultation

An Espresso Shot - Time is of the essence. This is an accelerated wellness boost. Let's get clarity. What's most important to you, right now. We're working on your mindset while also giving you the best skills and support in an individually tailored wellness plan. This is one hour of power - \$149

The Wellness Walking Consultation

Invigorate - We're in the great outdoors combining a walk with a wellness consultation. Together, we'll exercise your mind and body. By the end, you'll have a new personal wellness vision, realistic goals and an action plan. This is two energising hours and includes your favourite coffee or juice - \$229

The Ultimate Byron Bay Wellness Experience

Blissful - Igniting all five senses to revitalise you. We'll immerse in some nature therapy, while nurturing, identifying and documenting your personal wellness vision plan. This is three intoxicating hours, including a meal and refreshment - \$479

Your success is centred around your commitment to you. Previous clients have achieved remarkable outcomes. They've attained long-outstanding personal and professional goals. Adopted positive behaviour patterns that have empowered them. Found their authentic individuality and improved their health and wellbeing. Ultimately, it's also given them deeper and more meaningful relationships. What's your dream? Contact me to explore how I can help you, today.

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LIVE A BETTER LIFE

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