

# Take the first steps to a more positive outlook

Do you constantly feel held back by the circumstances of your life?

Join Dr Faye Lambert, highly experienced facilitator and coach, for an afternoon together with other like-minded people to invest in yourself, your future and your relationships with others.

Just one afternoon could benefit the rest of your life.

During the workshop, you will learn simple yet powerful frameworks you can use to:

- better manage your emotions
- be open to opportunities
- have the conversations needed to create a better future.

**Date:** Saturday, March 22

**Time:** 12.45pm - 4.00 pm

**Place:** Giorgios Restaurant Downstairs Function Room  
1235 High St Road, corner of Glenferrie Road,  
Malvern (opposite the Malvern Town Hall)

**Cost:** \$90 Afternoon Refreshments included

For further details;  
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