



Building Peace & Resilience in Bushfire Affected Communities



Join Quest for Life and learn ways to build resilience and emotional intelligence in this interactive online workshop



This program is specifically designed to help people with symptoms of stress and trauma to reclaim their lives and create greater control over their emotional equilibrium after living through the 2019/2020 bushfire season. It is based on the latest research into neuroplasticity and epigenetics.

Drawing on an understanding of trauma and its effect on the brain, participants will learn practical skills and tools which bring relief to a troubled body, mind and spirit. Throughout the program participants will explore and experience methods to use in everyday life for healing the nervous system and managing the mind and emotions.

Participants will

- Learn a simple, practical framework for understanding and managing the complexity of PTS symptoms
- Leave with a toolkit of strategies and practical skills to help restore their emotional equilibrium
- Have a much deeper understanding of themselves and others
- Feel a new confidence in their ability and skill to embrace life's challenges
- Feel optimistic, empowered and capable
- Have a greater appreciation of their story and their potential to heal
- Be able to respond to situations rather than react.

Date: Tuesday 7 July 2020

Venue: Quest, Zoom conferencing platform

Time: 9.30am - 1.30pm

**BOOK ONLINE TODAY OR
CALL 1300 941 488**

"If we encourage self-awareness and curiosity in ourselves and the children within our influence, then we - and they - learn to appreciate and understand differing ways of thinking, knowing and seeing the world and our relationships within the world".
- Petrea King



Petrea King
Founder and CEO

The Quest for Life Foundation is a not for profit organisation providing programs and workshops based on the latest scientific research on health, healing, epigenetics and neuroscience.

BOOK ONLINE [QUESTFORLIFE.COM.AU](https://questforlife.com.au)