

KATHRYN WALTON CONSULTING

... inspiring and empowering women ...

WOMEN EMPOWERED

Retreats for women

Journey through self-discovery, shared wisdom, enhanced resilience, and dreaming

Develop new insights

Explore and nurture self-care practices

Connect with your inner self

THE ADVENTURE THERAPY PROJECT

Outdoor adventure-based workshops for women

Supportive atmosphere with qualified instructors and a Mental Health Social Worker

Discover the physical and mental health benefits of natural environments

Challenge yourself with new experiences

Make connections with other women and local resources

MIND AND BODY STRENGTH FOR WOMEN

Group program for women

Develop skills and knowledge to strengthen health and wellness including:

- managing mood eg anxiety, depression, stress
- goal-setting
- exercise, physical activity and sedentary behaviours
- nutrition
- sleep
- thinking skills

Also available in workshop format

PERSONAL COACHING

Personal or professional coaching for women

Transform aspects of work or personal life

Be guided, supported and challenged to work towards your goals

Programs are uniquely customised to meet your need

Face-to-face or online video