

KATHRYN WALTON CONSULTING

... inspiring and empowering women ...

HEALTH RETREATS

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

BUSH ADVENTURE

Outdoor adventure-based workshops and programs for women

Mountain biking, bushwalking and camping experiences

Supportive atmosphere

Discover the physical and mental health benefits of natural environments

Challenge yourself with new experiences

NATURE THERAPY

Therapy in the outdoors for women

An alternative to traditional indoors counselling

Connect with nature and your inner self

Expand your skills in stress/mood management, mindfulness, relaxation, problem-solving, decision-making, communication, and thinking patterns

Individual and group programs available

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