

Schedule of Events for 2012

At these seminars Kirsty shares easy-to-implement strategies that are simple, effective and practical. Kirsty's natural ability to inspire you will leave you encouraged to take action and to carry out ideas that ultimately create a positive impact.

Included in each presentation is an interactive workbook, which includes summaries of the key concepts and skills that are covered. There are also lucky door prizes on the night.

Cost is \$30.00 and bookings are essential. Seating limited to 35 attendees for maximum learning outcomes. Visit www.unity-qld.com.au for more information on individual seminars and to book your place.

Date/Time	Event
16 Feb 2012 7pm—9pm	Get Sorted and Time Management for You
26 April 2012 7pm-9pm	You can Feel and Look Great
7 June 2012 7pm-9pm	Feed your Family for Wellness
16 Aug 2012 7pm-9pm	Become Resilient and Handle Negative Emotions and Experiences
11 Oct 2012 7pm-9pm	Communication to Get You Results
22 Nov 2012 7pm-9pm	Clarity of Purpose & Setting Goals that Work



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