

WELLNESS

IRELAND'S HEALTHY AND FULFILLING LIFE MAGAZINE

GLORIANE GIOVANNELLI

HELPING PEOPLE GET BETTER
RESULTS IN THE AREAS OF HEALTH,
PERFORMANCE AND RELAXATION



BROUGHT TO YOU BY THE
WELLNESS INSTITUTE



WELLNESS AT ANY AGE IS
THE KEY TO HAPPINESS



EXERCISE OF MIND
AND BODY



SOMETIMES JUST
WALKING WORKS!



WELLNESS FOR
OUR CHILDREN

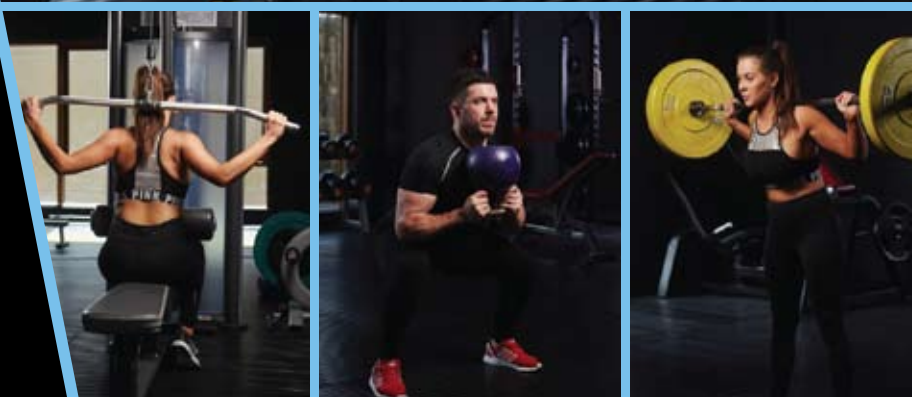


ITEC COURSE QUALIFICATIONS

- GYM INSTRUCTION
- GROUP INSTRUCTION
- PERSONAL TRAINING
- NUTRITION

CERTIFIED FITNESS WORKSHOPS

- OLYMPIC LIFTING
- INDOOR CYCLING
- STUDIO BOX
- KETTLEBELLS
- SUSPENSION TRAINING
- BUSINESS DEVELOPMENT
- SOCIAL MEDIA



STUDYING AT NEW MINDS FITNESS COLLEGE ENABLED ME TO PURSUE A CAREER IN THE FITNESS INDUSTRY. THROUGH A COMBINATION OF THE FACILITIES AVAILABLE & THE GUIDANCE OF THE TUTORS I RECEIVED A FIRST CLASS EDUCATION IN FITNESS. ONE OF THE MAIN REASONS I PICKED NEW MINDS FITNESS COLLEGE WAS THE WORLD WIDE ACCREDITATION & ALSO THE FACT THAT IT IS A CORK OWNED BUSINESS.

- MARC, CORK

BALLINCOLLIG & GLANMIRE

CHECK OUT OUR WEBSITE

WWW.NEWMINDSCOLLEGE.COM

CALL 021 482 0649

FOR A FREE BROCHURE EMAIL

INFO@NEWMINDSCOLLEGE.COM

Editor's Note

WELLNESS IS FOR EVERYONE!

Hi Everyone,

I am delighted to welcome you to Wellness magazine which is our new national monthly magazine for the Health and Wellness sector. Our aim is to give you an interesting read in each issue with information, comments and tips on what Wellness could mean to you.

Without doubt, Wellness is for Everyone....we each have to see that Wellness of mind, body and spirit is personal to each of us and whatever way we embrace it and at whatever level, it is essentially a personal choice on how it is relevant for us. Wellness comes in many forms and however we decide that it relates to us and our lives, it should have a place in our daily mindset. Different people have different understandings of what Wellness is. Wellness is described as -

"the state of being in good health, especially as an actively pursued goal"

With this in mind, it gives each of us the option to delve in at any level. Do we want to just have a healthy and positive disposition to life or do we want to have an energetic approach to wellbeing and take on physical exercise that refreshes the body or do we want to overhaul

our lives and take a look and see what and how we can live better? The choice is vast and endless.....

Wellness magazine is all about choice and information. We will be working with great people who are Recommended Partners of The Wellness Institute of Ireland, which is the organisation that brings you this magazine. Our Founders, Helen and Michael McCarthy have a very positive and uplifting approach to life that is all about exploring the possibilities and embracing change. Change in our lives can be so healthy, positive and beneficial and I speak from experience on this.....



So, as Editor of Wellness magazine, I am looking forward to engaging with you all each month and bringing you topics of interest that will get us all thinking and even if we think about Wellness of ourselves, it is a start and as we all know about starting something - we should see it through.

Best wishes,
Bibi

Bibi Baskin
Editor

Contents

- 4 Recommended Partners
- 6 Cover Story
- 10 A Healthy Hand
- 11 Wellness in your Workplace
- 12 Employee Financial Wellness
- 12 Minnie's Beauty Salon
- 14 Yvonne Welham



CONTENT & EDITORIAL

Bibi Baskin (Editor)
Helen McCarthy (Deputy Editor)
Michael McCarthy (Deputy Editor)
Alexandra Manning (Associate Editor)
Michael Mulcahy (Editor in Chief)
Kenneth O'Flynn (Associate Editor)

DESIGN

Nikolus Harrison

ACCOUNTS
Laura Warren

ADVERTISING
Laura Warren
Shane Deeley

Wellness

2413 Euro Business Park,
Little Island, Cork
T: +353 (0)21 5003050
F: +353 (0)21 4354184
E: info@wellnessinstitute.ie

Publisher: Michael Mulcahy
Directors: Helen McCarthy,
Michael McCarthy

© 2017 Wellness

All rights reserved. The info contained in this magazine is believed to be accurate and authoritative. However, it is not intended to substitute for legal, accounting, tax or other professional advice. Statements and opinions expressed herein are not necessarily those of Wellness magazine or The Wellness Institute of Ireland. No responsibility can be assumed for any unsolicited materials and submission is construed as permission to publish without any further correspondence and the fee payable (if any) at our usual rates. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means - Electronic, mechanical, photocopying, recording or otherwise without the prior written permission of the publishers.



Biography Belinda Murphy — B'inspire

Life is about learning, growing and evolving and B'inspire has become the culmination of my personal growth journey over time.

I have lots of titles but the one I am most comfortable with is 'mommy' to two fabulous boys and one little girl.

I started out my career life very focused on the business world and thus studied Commerce in UCC and then did a Masters in Business Studies in NUI Galway. I entered my work life like most college graduates as green as the grass and no clue. I was blessed to work in a wonderful multinational organisation Glen Dimplex and was involved in setting up a brand new department along with my boss; Group Purchasing. I travelled lots, learned so much and believed everything was going smooth until I went back to work after maternity leave after my first son was born and couldn't do what was expected of me; travel for work. I couldn't leave my baby, just couldn't. So, I handed in my notice after seven years and found another job as Enterprise Officer in Ballyhoura Development. This is an organisation in East Limerick and North Cork which helps businesses and community groups access government funding. I loved this position so much as I met amazing people who ultimately

were following their dream and setting up their own business and something in their passion inspired me. After six years, an opportunity arose to become Business Development Manager of a new enterprise centre in County Limerick with a two year fixed term contract, so I accepted.



In the meantime, while all this looked really good on paper, good in the bank account and in a way good in the public eye; it didn't fulfil me. There was no spark, no passion, something was missing.

I don't believe in coincidences and along the path, I met a lady who made sense of everything for me and I found what

my true passion was; Holistic Health. I became a Reiki Master Teacher, did a diploma in Anatomy and Physiology (bearing in mind I never did Junior Cert science!), did a diploma in Life Coaching and Mentoring and diploma in Holistic Massage. None of this made any sense on the outside; a masters business graduate and fifteen years business experience but to me it made perfect sense. I found what ignited my spirit. So once the fixed term contract was completed, I decided to be brave, be bold and jump!

I set up my own business called B'inspire which looks after employee engagement via Corporate Wellness Programmes and incorporates mindfulness, complementary therapies and positive mental wellbeing talks and workshops in an environment which I am very comfortable in; the corporate business world.

I absolutely love what I do; it's my passion.

If you are interested to explore how to develop and integrate Corporate Wellbeing into your organisation, I would love to be of assistance.



belinda@belindamurphy.com
087 9584430

Recommended Partners

RediCare
EXECUTIVE HEALTH PROGRAM



Optimizing Productivity with Improved Health & Reduced Stress

The RediCare program delivers real, measurable health benefits with clinically significant results.

Medical reductions in Blood Pressure, Cholesterol, Blood Glucose and Weight result in improved executive health, increased fitness levels, reduced stress and increased productivity & performance.

- Fits Busy Lifestyle
- Clinically Proven Results
- Daily Monitoring
- Behaviour Change
- Doctor Consulted
- 1-1 Coaching & Delivery
- Sustainable
- Remote Tracking

Call us in Cork on **021 487 6362** to arrange a FREE Consultation

www.redicare.ie



COVER STORY



Dr. Gloriane Giovannelli is a wellness advocate, transformational speaker and trainer to businesses and individuals. She helps people get better results in the areas of health, performance and relaxation.

Gloriane's training is as a Doctor of Chiropractic. She holds two B.A. degrees in Psychology and Advertising, as well a certificate in Plant Based Nutrition. She is the founder/ CEO of drgloriane.com.

It's a curious thing that we have a \$3.2 trillion (in 2015) "wellness industry," yet masses of people are seriously sick and dying from disease. There are now more unwell than well people in the world.

And I used to be one of them.

Perhaps you are too. Maybe you or someone you love has allergies, fatigue, obesity, autism, gut issues, depression, dementia, heart disease, even cancer.

Your whole world can shift in a New York minute when you receive an unwanted diagnosis or just can no longer function in your life as you once knew it. You are not alone, yet true healing is a journey you must take on your own.

I have officially been in the wellness world for over two decades. I continue to learn about

what it means to fully live and be well. New and better research is available every day. Somethings I did 20 years ago, I no longer do today. Other practices and principles are timeless.

So how did I get from an overweight, sugar-addicted teenager to an energetic, passionate wellness advocate?

Growing up we pretty much ate anything we wanted, most of it processed and packed with sugar. Any pennies I saved were spent on sweets like Everlasting Gobstoppers... somehow, they never lasted that long. My teeth were probably the first to suffer. Our family dentist routinely joked that I was single-handedly funding his retirement. My parents couldn't understand why, with all of their pleading for me to brush my teeth, they were still full of holes.

Every February I got a chest infection. Rounds of antibiotics were prescribed for just about everything. Being unusually clumsy, I hit my head a lot.

As a teenager, I was painfully self-conscious. And shortly after my father passed from pancreatic cancer, I started to put on weight. It became a game of yo-yo weight loss followed by weight gain that would last for many years.

I didn't know it at the time, but I was destroying my health with extreme diets, including bulimia and laxative abuse. The repetitive stuffing of my belly quickly followed by purging it all back up, created a hiatus hernia and acid reflux. That, combined with crippling low back pain and headaches, led me to a local chiropractor.



My sister and brother-in-law had been urging me for years to go see their chiropractor. They raved about how it helped, not just their spines, but also their health and energy.

I had absolutely no clue what they were talking about.

But, desperate times call for desperate measures.

So, I went in. After my first few visits, I was in worse pain and more than a little nervous. But then, suddenly, all the pain just disappeared.

When I was no longer popping paracetamol like Tic Tacs, I realised the headaches were gone. The hiatus hernia and reflux? Gone. Low back pain? Gone. Now, if I don't use proper posture or over exert myself, I will get some pain, but nothing like the debilitating pain I suffered in the early 1990's.

Yes, I was impressed. But still I had no thought of wellness as a career. I had just graduated summa cum laude with Bachelor of Arts degrees in Psychology and in Advertising. I was young, in love with a boy from Cork, and on my way to law school.

But I needed a job to fund it.

So, I applied for a job as a chiropractic assistant at my local chiropractor's office. And that's when I had another New York minute.

In order to be interviewed for the job, we first had to listen to the doctor's health care class.

Yawn. Or so I thought.

Dr. Hinsch began with describing this thing



he called intelligence or a universal force, that animates and organises all living things. He told us that this intelligence operated perfectly or at 100%. And, if it was communicating throughout the body and mind without interference, health was the inevitable result. He claimed, health, or wellness, was our natural state.

And then he gave us the evidence. A cut heals, not from the bandage, but from this intelligence. The body just somehow knows what to do to fix it. And from the joining of an egg and a sperm comes a cell, and then two cells, and then...a human being!

There were more examples. But my mind was made up. I looked around the room and thought to myself, "I am sorry ladies, but this job is mine."

And so, it was.

Every day people entered Dr. Hinsch's office unwell and in pain, then left in a better state. They would be smiling, happier, healthier. We saw miracles happen. And we witnessed the innate healing power of life on a daily basis.

I still really loved studying and debating the law. But, I was also in love with this guiding principle that life is intelligent, and we are designed to be well. So, I gave up my place at law school and applied to chiropractic college. My mother was devastated. As a registered nurse, she was taught that chiropractors were quacks who just were out to take people's money. I cannot recall how many times she asked me, "Are you really sure you want to be chiropractor?" Luckily, I found it mildly amusing.

See, she had told me from childhood that I would be a doctor or a lawyer. And she was



right. I chose to be a Doctor of Chiropractic, a decision which changed the course of my life and health forever.

Between then and now, there are many things I have come to understand about what is required to be truly well. One of the most important being the power of the mind to create either tragedy or triumph.

My work has transitioned from chiropractic practice to sharing powerful information and working with people and businesses directly to get better results and transform their lives.

Here are a few those things I have seen that can prevent people from getting well and getting results they want:

- Being unwilling to examine one's own thoughts and underlying motivations.
- Not having the proper tools and guidance.
- Holding on to the past.
- Judgement and blaming of oneself and others.
- Not making peace with one's relationship with their parents.
- Getting too busy, and using busyness as an excuse to avoid healthy habits.
- Not learning how to properly use the mind to work for you, instead of against you.
- Allowing negative thoughts to overrun the mind, the way weeds overrun a garden.
- Looking for others' approval, and compromising the self for love and attention.
- Not listening to their own gut or intuition.

The reality is, you can eat the so-called healthiest diet, exercise regularly, and even dabble in meditation, but if you have areas in your life that are out of integrity with your true nature, the body and your relationships will inevitably break down.

But the good news is I have seen plenty of people become honest with themselves, and so take back control of their lives and state of being.

Here are some of the key things these people do to get well and get results they want:

- Daily relaxation and quiet time.
- Daily reflection on their thoughts, patterns and behaviours.
- Allow themselves and others the freedom to make their own choices.
- Let go of the need to change others or blame others.
- Get the proper tools and guidance to see more clearly and make better choices.
- See how they are the common denominator in every area of their lives and relationships.
- Become very aware of their own thoughts without engaging with them.
- Replace negative thoughts with positive or more useful and supportive ones.
- Realise all change is an inside job.
- Come to understand, in some way, this intelligence within themselves.

These lists may not include everything that creates wellness, but they do cover the most important things:

- Total honesty with yourself.
- Understanding that everything you need is already within you.

So, for now, just do what you can do in this moment. In the moment you are in, make the best choice you can. Choose what will give you your best energy right now. Then that energy will help you see more clearly. When you have the energy to really see, you will be able to make even better choices.

And change happens. You become stronger mentally, physically and even spiritually. Your relationship with yourself heals, and that inner integrity allows every part of your life to develop and prosper. This becomes a movement that affects those you love, those around you, and ultimately the entire world.

Wellness creates not just health, but freedom.

It is my deepest wish that you experience true wellness. And it is my passion to shine a little light on this journey that we are on together called Life.

So, I have created a free online resource for you at drgloriane.com where you can find tips and tools to assist you on your path to wellness.

I look forward to meeting you there.

What others are saying:

"Working with Gloriane was just an amazing experience of renewal."

Tom Hughes, Newry

"Gloriane has made an immense difference not only in my life, but in the lives of many others in that class."

Paula Rafferty, Newry

"I cannot express the profound impact that this has had on my daily life both professionally and personally."

Jennifer Cullen, Kildare

"Some changes are so subtle that when one realizes change has occurred there is simply amazement."

Mary, Ireland



Dr. Glo drgloriane.com/sleep-better-tonight

The Wellness Institute of Ireland

The Wellness Institute of Ireland is the promoter of Wellness in the workplace and has a range of initiatives in development for the advancement of awareness in this area. The aim of The Wellness Institute of Ireland is to ensure that all employers see the need for a Wellness Charter in their business and the appointment of an in-house Wellness Manager so that all of their team have full access to the services that The Wellness Institute of Ireland promoted amongst its Recommended Partners who are all experts in their fields.

HAS YOUR BUSINESS OR ORGANISATION GOT A WELLNESS CHARTER?

Every business and organisation that has employees should have a Wellness Charter. This is a Charter of statement and intent that clearly states that your business or organisation takes Wellness in the workplace seriously. Considering that employees spend a third of their daily lives in their employment, it is essential that every business and organisation sets out clearly its policies in relation to Wellness in the workplace. Employers that have a progressive approach to ensuring that their employees have full access to Wellness services and facilities have proven that absenteeism is lower and staff morale and productivity is higher.

HAVE YOU CONSIDERED APPOINTING A WELLNESS MANAGER?

The Wellness Institute of Ireland is advocating that every business and organisation in Ireland that has employees should have an in-house Wellness Manager. This person would be an existing staff member who would like to take on the role of Wellness Manager for her employer and ensure that all of her fellow colleagues are looked after from a mind, body and spirit perspective. Training a Wellness Manager is the remit of The Wellness Institute of Ireland and ensuring that all Wellness Managers are supported by The Wellness Institute of Ireland is a key strategy of the Institute. The Wellness Institute of Ireland is all about changing the way employers perceive Wellness and changing the attitudes of employees to Wellness in the workplace. The Wellness Institute of Ireland has developed its own Wellness Manager Training programme that aims to set a new standard for businesses and organisations across the country.

WE CAN ASSIST YOU AND BECOME YOUR WELLNESS PARTNER

The Wellness Institute of Ireland can assist every business and organisation to implement a Wellness Charter and to have a Wellness Manager in place in their business or organisation. While we implement the Wellness Charter for your business or organisation, we also train all Wellness Managers to our exacting standards. We also manage every Wellness Manager in our Wellness Manager Corporate Care Programme so that your business not only has its own Wellness Manager in place but also has our key expertise to guide your Wellness Manager and oversee your Wellness Department.

WE ARE PASSIONATE ABOUT WELLNESS AND WE WANT YOU TO BE TOO

The passion for Wellness in the Workplace is brought about from over 50 years of experience by our Founders Helen and Michael McCarthy. They see that by taking a proactive approach to Wellness in the Workplace that many positive goals can be reached and much progress can be made for a business or organisation and most importantly that all employees respond positively to a Wellness policy in the business or organisation that they give one third of their daily work life to.

LET US TELL YOU WHY WELLNESS IS SO CRUCIAL FOR YOU

We earnestly believe that we can make a real and positive difference to your business or organisation and we would be delighted to talk through our strategy for a Wellness Charter, Wellness Manager and a Wellness Manager Corporate Care Programme for you.

CONTACT THE WELLNESS INSTITUTE OF IRELAND:

Helen McCarthy
Founder & CEO
helen.mccarthy@wellnessinstitute.ie

Wellness House
2413 Euro Business Park
Little Island
Cork
Tel: 021 500 30 50 Fax: 021 500 30 60

Michael McCarthy
Founder & Wellness Director
michael.mccarthy@wellnessinstitute.ie





A Healthy Hand

Our mission at 'A Healthy Hand' is to enrich the lives of others by inspiring healthy living through wholefood nutrition and better lifestyle choices. With the help of the Juice Plus+ products and business opportunity we create an environment for personal growth for those that are passionate about improving their health, wealth and happiness.

In December 2015, Colm and Ann O'Connor were recommended the Juice Plus+ product by a family member to help improve their overall health. Shortly after they began taking the product, they started feeling the benefits and were so impressed, they began to research the business model behind it. They discovered a part time business opportunity that allowed them to leverage their time, working around their full-time employment and family commitments while building an international franchise. The business has developed into a mentoring role where they help others who would like to choose a similar path, coaching them to develop their own business around their current commitments, creating more time for them to spend with their friends and families, doing the things they love, working when they want and where they want.

Having originally studied Hotel Management and Business Studies in Cathal Brugha Street in Dublin Colm went on to spend over 5 years in Chicago working in the food and beverage industry for both the Sheraton and Ritz Carlton Hotel Groups. Colm returned from Chicago in 1997 to take over the family business with his brother and over the next 20 years helped expand and develop the business into what is one of Corks most popular bar/restaurants today. The South County Bar in Douglas is now a favourite for both tourists and locals alike and employs over 35 people. Colm recently stepped back from the bar business to pursue this new exciting opportunity which has also provided him with more time and freedom to spend with his young family.

His wife Ann works full time in the financial services sector and is a busy Mum to their three children under the age of five – Saoirse, Dylan and Ruby. With this part time business opportunity, Ann is giving a helping hand to other busy Mums who want to earn a part time income while improving their health at the same time. Ann was fascinated by the results of a pregnancy study, one of the 35+ medical studies done on the product, whereby it showed 0% of women being diagnosed with gestational diabetes. Ann went on to achieve the same result with her third baby, Ruby, even though she had gestational diabetes in an earlier pregnancy. Their products are simply wholefood nutrition containing the nutrients of 30

varieties of fruits, vegetables and berries which are affordable, convenient and suitable for all ages. 'A Healthy Hand' also offers health and nutrition talks in the workplace. At a time when many companies are trying to implement wellness programs to combat rising health issues and mounting employee healthcare costs, these informative talks empower people with a choice to take healthy back.

For more information, contact Colm or Ann on 0872208420 or email colmahealthyhand@gmail.com or annahealthyhand@gmail.com.



We Bring Wellness to Your Workplace



No matter what occupation you hold or club or organisation you belong to, stress and other interferences can compromise your health.

It's easy to forget that ignoring health concerns can lead to inefficient work, less productive staff and higher levels of absenteeism.

Let the Wellness Champions bring in a health and wellness expert to give you an informative, energetic and motivating health talk.

The Wellness Champions are a group of doctors and health practitioners worldwide that are committed to teaching wellness in the workplace.

Dr. Ben Martin D.C. and Dr. Sonya Popal D.C. were invited to become a part of this elite group – after some extensive training, they are now serving Cork City and County!

They are excited to give you the opportunity to help educate the people and places you care about with talks about their health, offering many different options to get you and others more involved with their wellness.

Companies and organisations large and small have availed of their services including, VMware, The Irish Naval Service, Top Oil, RCI, Guilds of the ICA (Irish Country Women's Association) as well as numerous National and Secondary Schools around Cork.

Talk options include:

WELL-TEN TALK - Great for a weekly meeting. A Wellness Champion Doctor will speak to your group briefly (10minutes), giving them a few 'gems' to implement right away to start moving towards a healthier lifestyle.

LUNCH AND LEARN - Held during lunch hour this talk delves a bit further into the health topic. This presentation runs 30 to 40 minutes.

These talks are free to groups of 10 or more participants.

If you are a Cork Based business or organisation you can schedule your free health talk by emailing cork@mywellnesschampions.org or call Siobhan on 085 1600548.

one individual product provider so employees are guaranteed impartial advice and guidance. Our team are highly qualified and experienced experts. Our team of Employee Financial Wellness Specialists are made up of Certified Financial Planners TM, Qualified Financial Advisers, Specialist Investment Advisers, Personal Insolvency Practitioners, Solicitors and Pension Trustee Practitioners. Our goal is to ensure that we educate and empower your employees to make the right financial decisions, now and into the future. Employee Financial Wellness was established with an understanding that employee engagement at work is a key driver of increased productivity, stress reduction and increased wellness for employees. This leads to a happier customer which in turn leads to an increased bottom line for your company. Our mission is to improve Employee Financial Wellness by helping employees to fix the past and secure and build their future. Happy Employees, Happy Customers, Happy Shareholders!



Minnie's Beauty Salon

All together we create the Minnie's experience.



IRELAND'S **BEST VALUE** ONLINE
RETAILER

Please visit our online shops at
www.bigwhiterabbit.com for ebay and
www.bigwhiterabbit.com/amazon for Amazon



Ireland's Best Value Online Retailer

BigWhiteRabbit.Com

• Full Money Back Guarantee • Shop Safely





Yvonne Welham

It is now nine years since I started on my Positive/Mindful Parenting journey. To say that it has changed our lives would be an understatement. I have been an advocate for Positive/Mindful Parenting since and am delighted to be helping all those sensitive parents cope with rearing a strong willed sensitive child. I am also a strong willed sensitive adult and I am mother to 5 children ranging from 5 to 15 years of age. I remember standing in the kitchen screaming and shouting at my second son, whom I battled with since he was born. My first child was an angel and I was not ready for this feisty, strong willed little boy, I found it so hard to connect with him. I was so unaware of what to do. I was very low. I didn't want to ask for help so I just kept going on my own. I had 4 boys under the age of 7 years and like most mums it was all about my children. When my second son turned 4 1/2, I was bringing him to school. He was kicking and screaming and I was dragging him in. He looked at me and said 'I hate you'. That was my turning point I had to do something, I had to change my whole parent outlook on life for him and me so I went to a physiotherapist, after discovering that my son just didn't feel understood. He was a reminder of when I was a child, he was just showing me what it was like not to be understood also. He triggered me all the time. In actual fact he has been my biggest spiritual teacher and all my children have helped me become a more mindful parent every day. My next step was to get time out so I started going to relaxation classes, and from here I

went on Educo Mind Seminar in the Bahamas. Before the seminar I was very sceptical, negative and a stressed person and doing so many jobs. I am now living in the moment as much as I can. My whole mind set changed from this seminar. I now look at life in a different way. I had a vision and dream that I wanted to help parents like me who have a sensitive and spirited child, and are at burnout stage, to find that connection again and to nurture themselves first and find positive tools to help nurture their child. My goal is to influence the ways thousands of other parents think about parenting and it starts with me passing on what I know will help our sensitive and spirited children thrive and grow in a healthy nurturing positive environment which will change the quality of your parenting. Change ripples out from one parent to another connecting through various unexpected ways. I am passionate about passing on what I know, to help as many parents as I can. The more relaxed I was the more relaxed my son became, I now look at all their behaviour as an expression of their aliveness, it makes me more tolerant, which I view as healthy and normal. I became more conscious and mindful as a parent.

If you are a parent of a child who is spirited and sensitive in any and want to understand them more and help them in a more positive way, I will help you. My approach is holistic.

You will learn to

- Be more relaxed
- Encourage your child to be more confident
- Have more fun with your children
- Communicate better with your children
- Understand your children

I hold workshop on Mindful/Positive Parenting as well as talks and classes as well as one to one and classes. I am here to help and will be delighted to assist.



SUPREMIYA

sisley
PARIS



AVAILABLE AT BROWN THOMAS, CORK



COFFEE LOVERS UNITE

We are on a mission to bring you coffee cocktails like you've never tasted before.

With our unique coffee flavour made from premium Arabica coffee beans, there's no other liqueur that makes coffee cocktails like Tia Maria. Let's grind.



DISTRIBUTED BY
**Barry &
Fitzwilliam**
PREMIUM DRINKS COMPANY

@TIAMARIADINK WWW.TIAMARIA.COM

Enjoy TIA MARIA Sensibly.

Tia Maria
+ COFFEE
PROJECT