

Balance & Wellness in Work Away Day

9:30am - 4pm Tuesday 21 Sept 2021
Kimi Ora Eco Resort, Kaiteriteri

**Facilitated by Natalie Gousmett -
Professional Supervisor and Coach**

- Learn and practice tools for reflection and planning in your work and life
 - Gain clarity and direction and set goals
 - Take a break in beautiful Kaiteriteri with time for a walk and/or use if the spa/pool/sauna
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- Investment \$150 with use of pool/spa/sauna or \$120 without
- Morning tea, lunch and afternoon tea provided
- Limited spaces
- Accomodation available at additional cost
- For more information and to register email natalie.gousmett@gmail.com
- www.nataligousmett.co.nz // www.kimiora.com

