

# Petrea King

## Quest for Life Foundation

Petrea King is the Founding Director of the Quest for Life Foundation and is a well known author, inspirational speaker and workshop leader. Her work with doctors, nurses, psychologists and allied health professionals has enabled them to re-establish a deep commitment to their personal and professional development. Petrea's innovative approaches have proved helpful to thousands of people and she is nationally recognized as a leader in the field of health and wellbeing.



## Armidale Workshops

The challenges and the effects of illness, financial stress and strained relationships can wear our resilience thin. Petrea's workshops will provide you with strategies to:

- ◆ manage your feelings more effectively
- ◆ respond rather than react to life's challenges
- ◆ build more resilience within yourselves and your families
- ◆ reduce your stress levels and boost your confidence
- ◆ improve your communication within relationships
- ◆ access your inner resources and innate wisdom to achieve mental, physical, emotional and spiritual health

7 August

Health and Happiness  
*for people with cancer*

9am - 4pm  
\$25

8 August

The Heart of Caring  
*for carers*

10am - 4pm  
\$25

9 August

The Wounded Healer  
*for health professionals & professional carers*

9am - 4pm  
\$65

### Bookings

Hunter New England Area Health Service  
Armidale Hospital  
6776 9761

### Venue

The Wright Centre  
University of New England  
Abbott Road (off Elm Avenue)

**BOOKINGS ARE ESSENTIAL**

Morning tea & lunch are included  
Please bring a blanket & cushion with you