Creative Mornings Melbourne: Insecure (Online)

26 June 2020

For Creative Mornings Melbourne‘s June event, speaker Sally Flower will be speaking on the theme of the month, “Insecure”.

Insecurity shrinks our optimism, beliefs around potential, and blinds us to how things really are or how they could be. We project our greatest fears when we succumb to the negative ways we are conditioned to react.

How can we start to overcome insecurity and strengthen

ourselves?

About the Speaker

Sally Flower is the first Australian trained by Marie Kondo in the famous KonMari Method. Sally is also a wellness consultant, mindfulness coach and sustainability advocate.

While a naturally tidy person, Sally didn’t start her a career in organising, she spent over eight years in corporate finance and by 28 she had landed her dream role on Wall St. It was here in New York City she met Marie Kondo and established a deep passion for mindful and sustainable ways of living.

Her business Home Sanctuary is built on the solid foundation of her love for the environment and passion for reducing consumerism. Through one-on-one consults, workshops and keynote events Sally helps Australian’s to lead meaningful lives in nurturing homes with less. Sally’s goal is to change the way we purchase, to motivate and help the community to make purposeful choices that inspire us to live as the best version of ourselves.

Sally is an avid yogi with a daily practice. She completed her yoga instructor course back in 2012, and recently visited India for the first time deepening her love for daily rituals.

Friday 26 June 2020, 8:30am–9:30am AEST

Register for this free online event now!

https://www.shillingtoneducation.com/blog/creative-mornings-melbourne-insecure-online/