

# AUTHENTIC SELF

This process is a great opportunity to explore core values and witness how the roles participants lead either compliment or conflict with them. It also highlights how participants practice self care and view their own wellbeing.

This process is great for anyone who maybe experiencing conflict within themselves and looking for navigation, eg in relationships, employment or study.

A great opportunity to checkin if core values are reflected in daily interactions encouraging self awareness leading participants become a more authentic self.

## OUTCOMES

- Identity
- Self Care
- Values



shed

[WWW.SHEDARTTHERAPY.COM.AU](http://WWW.SHEDARTTHERAPY.COM.AU)



## INVESTMENT & INCLUSION

2 hr on site support  
all art supplies are included.

\$80pp

min 6 max 12 participants

