

Leaders in the Spotlight presents

Garth & Susie Russell from Wellbeings & Co

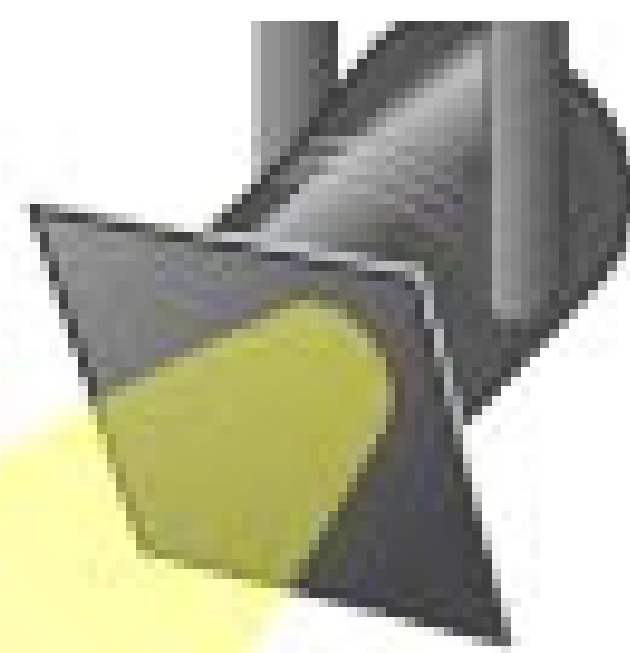
Talk about the power of two.

This dynamic duo, husband and wife team has been entertaining, engaging and influencing for over 60 years between them. Garth as a professional presenter, radio broadcaster and actor. Susie as an educator, trainer and facilitator. Add to that their heart felt passion for showing people how to live a healthier more rewarding life through the sharing of life lessons via their amazing story, and you have the ingredients for a compelling argument to change the way you view what's possible.

Put simply, Garth and Susie help human beings become thriving wellbeings by reducing the sense of overwhelm, fatigue and stress so common in today's world. They achieve this by having fun, sharing their well-crafted philosophy, and practical tools designed to empower you to make simple changes necessary to unshackle yourself and lighten the load. This holistic, engaging approach is designed to enhance resilience and mindset, improve communication and relationships, and create better awareness of ourselves and others.

Wherever you are in your life, you'll feel the compassion, and want to take action.

Please join Maroba, event partners the Institute of Managers and Leaders on 20 February for this informative and engaging session on Wellbeing.



Thursday
20 February 2020
9-10.30am

Maroba
58 Edith St,
Waratah, 2289

Cost
\$25 per person
Morning Tea
included

Tickets can be
purchased
via
Sticky Tickets
<http://tix.yt/lis-wellbeings-co>



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