

# Lisa Bondarenko

Outside of her Counselling practice, Lisa is passionate about bringing the message of health and wellbeing. She is an author, keynote speaker and presenter to a wide range of audiences and environments. Her passion is educating and equipping individuals and organisations with knowledge and information on the importance of managing your emotional, mental and physical health.



# LISA PRESENTS

## ON A VARIETY OF TOPICS INCLUDING:

### **Stomping ANTS:**

Even the most optimistic individual isn't immune to negativity. "Automatic Negative Thoughts" (ANTS) can be described as the thoughts that pop into our mind uninvited, that take us down a path of emotional, mental and physical discomfort. The good news is; awareness of your ANTS can help you stomp them away.

### **Good Grief:**

In a lifetime we experience death, disappointments, rejections, failures, mistakes, setbacks, mishaps. Most of us shrink from feeling and dealing, believing if we keep busy and ignore, it will go away. Grief is like an angry toddler; eventually it demands attention. Our health and happiness and relies on our ability to acknowledge and release grief in a GOOD way.

### **The Stress Factor:**

Stress is a part of everyday life. If we allow it to control us, it is guaranteed to have a negative impact on every part of your life. With a focus on learning, we share the biology of stress, the difference between good and bad stress, and teach you simple, effective, proven strategies for decreasing stress, increasing resilience and improving work/life balance.

### **The Resilience Code:**

Resilience is the ability to withstand or recover from difficult situations. It includes our capacity to make the best of things, cope with stress and rise to the occasions life throws. This workshop offers practical training in skills, knowledge and the key ingredients to improve resilience from the inside out.

### **The Trifecta:**

Most children will have dips in self-esteem as they go through different stages or challenges in life. Building self-esteem in adolescence is a core component of bullying prevention, and general resilience to life. This interactive workshop will be based around providing practical tools to improve self-esteem, through the brain, food and fitness.



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