

PSYCHOLOGIST AUTHOR SPEAKER POET



Anna is a Gold Coast based speaker, with 35 years experience in mental health, 20 of those as a Psychologist in private practice, and 50 years experience in going on African safaris. Her expertise lies in, what Anna calls, *Self Conservation*.



It is Anna's passion for wildlife and people, that have brought her to public speaking. She noticed that when the clients on her couch started feeling better about themselves, that they also started to get outside more and showed more care for nature. Anna realised that if she could get more people than just those on her couch, to feel better about themselves and care about nature, that they might start to care more about the iconic wildlife in it too, like rhino. Rhino conservation is Anna's biggest passion. From this awareness Anna developed what she calls, *Self Conservation* and shows how it directly impacts nature conservation through the emotional and physical choices we make daily.

Through psychology and poetry Anna both teaches and sways the audience, bringing insight through story, tears, vulnerability and laughter. It is Anna's own battle with weight loss that helped her to practice her own *Self Conservation*, so that she is no longer embarrassed or ashamed, but able to now stand up in front of audiences to inspire from the heart.

I am because You are...and...You are because I am
Connected through 'Ubuntu'

SUGGESTED TOPICS

Self Conservation – Making a difference for nature through nurture

When climate change and the associated guilt is on everyone's minds, this topic helps the audience to focus on nature, by starting to first focus on themselves, through nurture. It teaches them to practice their own *Self Conservation* first.

Self Conservation – The road to emotional wellbeing

So much of life is focussed on making a difference for others. This topic helps the audience re-focus on themselves, building them up through the *Self Conservation* steps, so that they have something left to give to others...and themselves.

Self Conservation – It's all about You!

In a world where political correctness has gone overboard, and people are stripped of resilience, this topic helps the audience to get back to basics, get back to *self*, and learn how to again build their own resilience through *Self Conservation*.

KEY BENEFITS:

Anna uses her 6 steps to *Self Conservation*, developed in over 20 years in therapy, to help the audience:

- face their fears,
- understand their history,
- listen to and change their internal dialogue,
- learn to say no and set boundaries,
- optimise the opportunities in their lives, and
- live by their strengths.

ANNA IS AVAILABLE FOR:

- 15min, 30min and 45min presentations (any number in audience)
- Half-day and Full-day Workshops (up to 30 people)



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**CONTACT ANNA
TO BOOK A
PRESENTATION**

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