



Nature Connection Walk for Nurses and Teachers

A collaboration between Living Eulogy and Educated by Nature for Nurses and Teachers

Friday 25th July
Bold Park Scout Hall
6:30 – 8:00am

Rather than heading straight into a shift, join us for a gentle, guided walk through nature - no rushing, no goals, just space to slow down and reconnect. With guided practices, you'll awaken your senses and remind your nervous system what it feels like to be grounded and connected within nature.

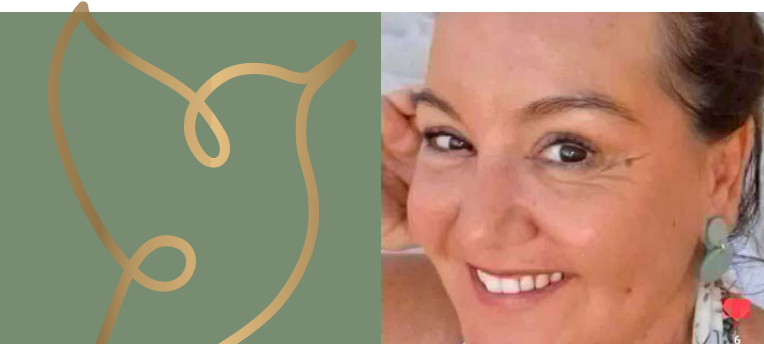
Wear warm clothes and bring a raincoat. Please RSVP to hello@livingeulogy.com.au for numbers.

-
- | | |
|--------|---|
| 6.00am | Meet at Bold Park Scout Hall, we will light a fire and begin our connection with nature. |
| 6.30am | Welcome and what to expect. |
| 6.35am | Sit and listen, bring in stillness, imagine. |
| 6.45am | Brisk walk to nature spot.
Body centering/posture core routine, listen to your body.
Breathing exercise
Opening up senses and awareness
Return back to meeting spot and warm fire |
| 7.40am | Share experiences |
| 7.55am | 1 minute silence |
| 8.00am | Share farewells |

livingeulogy.com.au
hello@livingeulogy.com.au



Whole-person nursing care
- body, mind, and spirit,
honored in every chapter.



Values & Beliefs

I believe in caring for the whole person - not just their condition.

My work is guided by:

Compassion - Kind, non-judgmental support.

Respect - Honouring your story and choices.

Connection - Building real, human relationships.

Empowerment - Helping people feel heard and in control.

Simplicity - Focusing on what truly matters.

At the heart of it all - presence, dignity, and genuine care.

Qualifications & Training

I bring a combination of clinical expertise and personal development training to support care that's both skilled and person-centred.

- Bachelor of Science (Nursing)
- Diploma in Palliative Care
- Disc Profiling (Personality & Communication Styles)
- 7 Habits of Highly Effective People – Stephen Covey Leadership Training
- Negotiation Skills Training
- Clifton strengths based training, empowering purpose through strengths

This mix of clinical and interpersonal training helps me offer care that's responsive, respectful, and truly holistic.

