



DISCOVER YOUR PERSONAL POWER AND
LEARN HOW TO RE-SET

DOES YOUR LIFESTYLE NEED A RE-SET?

Find the best in your lifestyle and mindset through this unique perspective. Gain knowledge and understanding to move forward and face new challenges with confidence.



HEART
SPACE

WHAT IS THE LIVEABILITY RE-SET PROGRAM?

Heal, grow, and discover how to move forward and motivate yourself for the future with the Liveability Re-S.E.T Program (S.E.T. stands for Sensory Experience Techniques. We will work out which sensory strategies work for you).



IS YOUR DAY TO DAY STRUGGLE HOLDING YOU BACK?

Sometimes you need
to hit re-set

Limited offer of 4 Sessions at \$990 AUD
(to be conducted over an 8 week period
on Zoom - usually valued at \$2990).

This includes 4 x 45 minute sessions to
unpack, define goals and changes you
want to make, and identify what
strategies work for you.

With Psych and Communication
Qualifications, Katherine has been a
counsellor, researcher on a National
Inquiry and has extensive experience in
coaching, mindset, and performance
(including neuropsych, trauma, and
developmental movement play).

Visit our website at www.katherineflynn.net for more information
about our services.

Email us at: contact@heartspaceinternational.com for inquiries.