



# Warida Wholistic Wellness

Established 2015

100%  
Aboriginal  
Owned &  
Operated



100%  
Female  
Owned &  
Operated



## Embracing ancient Indigenous methods, Bianca helps women globally reconnect to their intuitive feminine wisdom.

### Empowering Women globally to embrace healing on their own terms, our key services include:

Workshop Facilitation - Trauma Informed, Culturally Integrated

Bespoke Workshops - tailored just for the individual or group

Conference Facilitation - keynote speaker

Cultural Supervision

Employee Assistance Program

Indigenous healing practices for mental health and wellbeing

Crisis consultancy and System change processes

Wellbeing Immersive Experiences

Transformational / Executive Coaching

Business Coaching for entrepreneurial support

Online transformational courses - personal & professional



**Bianca Stawiarski,**  
Founder | Managing Director

### Bianca's life-changing services are available to assist:

Private Enterprise - big and small

Government Departments

Not-For-Profit Organisations

Aboriginal Community Controlled Organisations

Individuals

Business start-ups

**A strong, centred, purpose-driven healer, Bianca is a culturally competent mental health practitioner, consultant, speaker, lecturer, best-selling co-author, facilitator, and change-maker. She is also a PhD candidate focusing on research in the Indigenous Allied Health (mental health) and entrepreneurship area. Offering services globally, Bianca is committed to supporting women and First Nation peoples' leadership opportunities.**

# Helping women globally to improve their personal and professional lives.

**Proudly decolonising mental health, we empower people to create real and lasting change.**

Within a room isn't the only way to heal. We move outside of four walls honouring Country and embracing the ethos of Gudu-Guduwa (coming together) and Ngardi Guwanda (deep listening).

**Our Vision** is to be a sanctuary that provides the right tools, through an Indigenous Healing Practices Approach, for all women regardless of background to heal and thrive; and encourages community change – one person at a time.

## Here's what sets us apart.

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Channelling ancient Indigenous intuitive methods, we reconnect women to their innate feminine wisdom

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A culturally safe service, a First Nations worldview is integrated into everything we do

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We integrate an understanding of the impacts of trauma throughout all services

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We respectfully encompass wellbeing in all aspects: social, emotional, physical, mental, and economic empowerment

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We focus on healed, empowered individuals, and their families, as the basis of healthy community change

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We provide tailored, flexible service delivery

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We can combine one-on-one sessions, group workshops, and online self-guided sessions to help our participants to soar

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We confront the difficult conversations that encompass truth telling and organisational change

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We successfully assist businesses, individuals and organisations to achieve clarity

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## Contact

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Learn much more at:

[www.warida.com.au](http://www.warida.com.au)



As a Badimaya / Badimia (First Nations) business / social enterprise, Warida Wholistic Wellness acknowledges and pays our respects to the traditional custodians across the lands, waters and seas and thank our Elders for their continued custodianship.