



## eco-creativity studies

Embrace the cycle of life. There have been the seasons to learn about yourself and all that you can manifest, and now is the season to give back! Nature gives us so much - healing, beauty, life and we love to take it all. Recent events in our world have shown us we need to do life differently. Eco is short for social ecology which is the study of the inter-dependency of all living things within a context.

Research highlights that those who give of themselves to others, in empathy and compassion, report higher levels of personal happiness and overall satisfaction with life. The experience of connecting to others from your heart provides nourishing synergy for all.

## interconnection of all things

### eco-creativity facilitator training course

- Module 1 Self: connecting hearts through the arts and nature
- Module 2 Relationships - your gift to give
- Module 3 eco-creativity facilitator training
- Module 4 Presenting your own 2 hour class
- Module 5 Weekend retreat

Each module is approximately 24 hours and takes 8 weeks to complete.



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Registered psychologist &  
eco-creativity facilitator

For information, fees  
and timetable call:  
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*Simonette Vaja brings a wealth of experience to this unique facilitator training. Over the past two decades, she has consulted with thousands of people throughout the world, helping to connect them to a more fulfilling life. Simonette is a published author and recording artist with a wide range of best-selling CDs and DVDs within the international health and relaxation industry. The founder and developer of many self-development courses, she has conducted inspiring and nourishing groups at corporate level, private colleges and relaxation retreats. eco-creativity studies is the natural growth from these earlier programs to a more action orientation, social ecology focus, helping people discover their gifts to give to others and to nature.*

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