

"WHEN WE ENGAGE WITH CURIOSITY ABOUT OUR LIFE EXPERIENCES, WE TRANSFORM FROM ACTING ON BEHALF OF OUR PAIN, AND BECOME A STUDENTS OF LIVES POTENTIAL OPPORTUNITIES.

BY REPLACING JUDGMENT WITH CURIOSITY, WE CAN ENABLE NEW INSIGHTS FROM PAST PERCEPTIONS, WE MAY BREAK UNHELPFUL PATTERNS OF THOUGHT AND BEHAVIOUR AND CAN GAIN UNDERSTANDINGS FROM NEW HEALING PERSPECTIVES. THIS ALLOWS US TO BUILD EMPATHIC RESPONSES FOR OTHERS AND OURSELVES, LEADING TO HIGHER SELF-ESTEEM, HEALTHIER RELATIONSHIPS, HEALTHIER BOUNDARIES AND IMPROVED MENTAL HEALTH AND WELLNESS."



## CONTACT US

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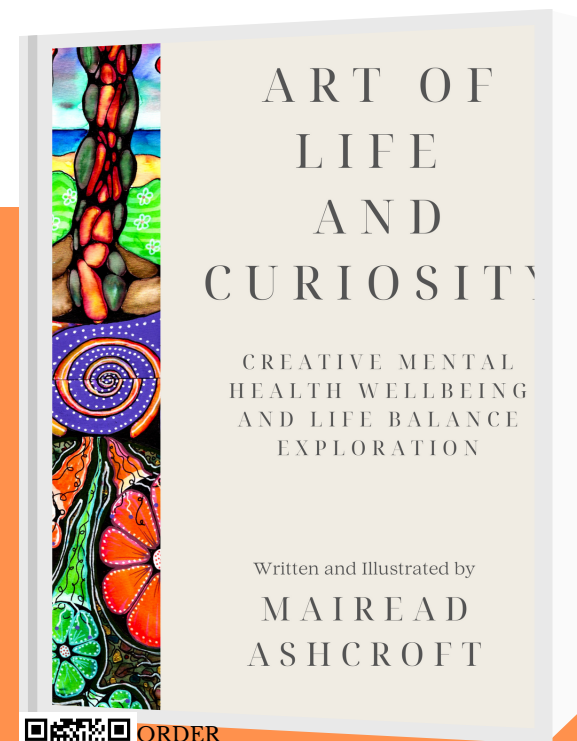
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Books and Cards available @  
[artoflifewithmairead.com](http://artoflifewithmairead.com)  
[/artoflifeandcuriosity-1](http://artoflifeandcuriosity-1)

Creative Curiosity Packs available  
Only at the Mind Body Spirit Festivals

# ART OF LIFE WITH MAIREAD

Holistic Trauma Informed  
Counsellor, Transpersonal Art  
Therapist, Wellness Coach, Author



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## ABOUT US

Mairead is an adult only Counsellor, Art Therapist and Wellness Coach specialising in supporting people experiencing the effects of childhood trauma (particularly adult survivors of childhood sexual abuse and Complex PTSD) with 2 decades in the healing fields and 14 years in Private Practice. To aid wellbeing by connecting to nature, ancient wisdom, inner spirit and contemporary theories, Mairead has written and illustrated her book, Art of Life and Curiosity, and created insightful Reflection Cards. Featured in International Book Fairs - Asia, Europe, South America, UK and USA. Art of Life and Curiosity has been accepted into the archives of the Australian National Library, Canberra.

## MIND BODY SPIRIT FESTIVAL

Adult Creative Arts therapy utilising the unique inner wisdom that you will discover by using the Art of Life and Curiosity Reflection Cards



### MAIREAD ASHCROFT

Holistic, Trauma Informed Counsellor, Transpersonal Art Therapist, Wellness Coach, Author, Illustrator

### PROFESSIONAL ACHIEVEMENTS

- Art of Life and Curiosity - Creative Mental Health, Wellbeing, Life Balance and Exploration - Written and Illustrated by Mairead Ashcroft
- Art of Life and Curiosity Illustrated Reflection Cards - 59 cards with 180 contemplative and relatable questions
- Speaker in the Victorian Inquiry and Royal Commission into Institutional Childhood Sexual Abuse. 2011, 2014
- Recipient of Inspirational Women's Award 2012

Book Your  
30 Minute Creative  
Arts Therapy Session  
Here



## STALL E13 HIGHLIGHTS

### 30 MIN ART THERAPY EXPERIENCES

DISCOVER ANCIENT WISDOMS  
AND HOW THEY ARE  
RELEVANT TO US TODAY

FIND OUT WHAT THE  
REFLECTION CARDS HAVE TO  
OFFER YOU PERSONALLY

DISCOVER DISCOUNT DEALS

NURTURE AUTHENTIC GROWTH  
AND SHARE IT WITH FRIENDS

UNLEASH YOUR CURIOSITY WITH  
AN ART OF LIFE AND CURIOSITY  
CREATIVE WELLNESS PACK