



• Do you have a special place, real or imaginative, that washes you in a feeling of creativity and have you been there recently?
 • Did you give time for creative process today?

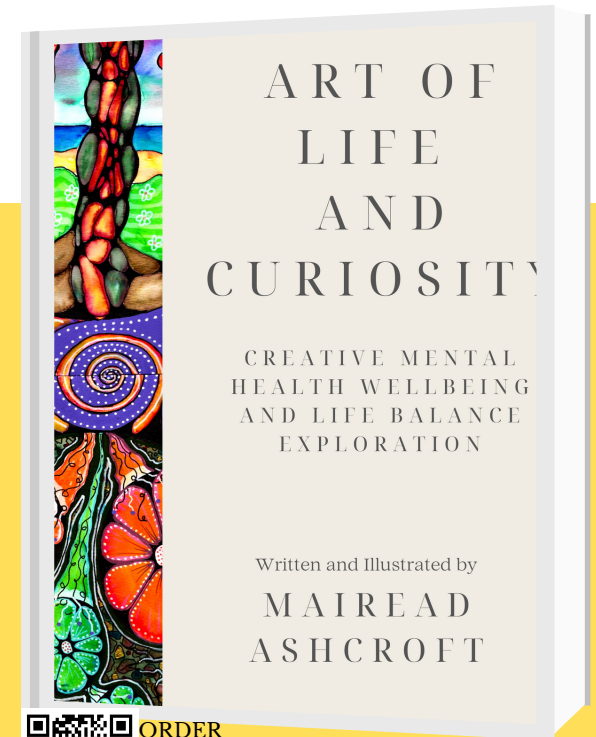
"WHEN WE ENGAGE WITH CURIOSITY ABOUT OUR LIFE EXPERIENCES, WE TRANSFORM FROM ACTING ON BEHALF OF OUR PAIN, AND BECOME A STUDENTS OF LIVES POTENTIAL OPPORTUNITIES.

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."



ART OF LIFE WITH MAIREAD

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



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Books and Cards available @
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Creative Curiosity Packs available
 Only at the Mind Body Spirit Festivals



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ARTOFLIFEWITHMAIREAD.COM



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