



CHANGE COACHING
AUSTRALIA



FLOWER THERAPY

NATURE NURTURES

CHOOSE A TIME THAT SUITS YOU

Group bookings available on request

WHAT TO EXPECT

Flower therapy is a relaxing way to connect and gather with friends, celebrate occasions and is a unique activity for workplace team building days.

Floral wreath workshops are recreational and therapeutic. Arranging flowers is relaxing, aromatic and focuses the mind. You will be guided to create a bespoke arrangement to take away with you or gift to someone special.



www.changecoachingaustralia.com.au