



CHANGE COACHING AUSTRALIA

BENEFITS OF FLOWER THERAPY

- ♻ Boosts creativity and self expression
- ♻ Provides a sense of achievement and pride
- ♻ Offers a unique way to connect with others
- ♻ Supports team bonding and collaboration
- ♻ Encourages mindfulness
- ♻ Relaxation and stress reduction
- ♻ Immune support
- ♻ Enhances mood and emotional wellbeing



SERVICES

Our services include Personal Training, Shared Personal Training (Padwork, Speedball, Strength and Rucking), Flower Therapy, Allied Health Case Management, Wellness Coaching and Retreats.

PRIVATE STUDIO

Our private boutique studio is located on Nullarbor Ave Harrison, near Mullion Park, with convenient free parking on Encounter St Harrison. You will experience modern leafy decor, well maintained quality equipment and medical-grade germicidal lighting, anti-bacterial disinfectant fogging and air purification. Appointment based access allows a high standard of service, hygiene and safety.

CONTACT US

Scan to connect with us and we will be in touch!



www.changecoachingaustralia.com.au

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