

Recipe for

Happiness

Create | Share and Spread Happiness



ARE YOU COMPLETELY HAPPY WITH YOUR LIFE? DO YOU DESIRE MORE?

Coaching is a positive alternative to counselling and it is all about enhancing your performance, encouraging your personal growth and development - assisting you to Achieve Your True Potential.

WOULD YOU LIKE TO...?

Would you like to...?

- Have higher self-esteem and confidence
- Become more productive and effective at work, or at home
 - Increase your emotional health
- Make important decisions with clarity and focus for the best result
 - Unleash your creativity
- Manage stress better and start enjoying life more
- Create happiness and success in your life

WHAT IS RECIPE FOR HAPPINESS?

Recipe For Happiness creates, shares and spreads happiness through the provision of professional personal and corporate coaching services to individuals and organisations worldwide.

MEET THE CHIEF OFFICER OF RECIPE FOR HAPPINESS!

Mio is an accredited Professional Life & Corporate coach with a degree with double major in Psychology and Human Resource Management. She is the Chief Happiness Officer of Recipe For Happiness and is passionate about making positive changes in people's lives to make them happier and more successful.

Recipe For Happiness has been featured in The Geelong Advertiser, GT Magazine and Geelong Business News. Mio has been invited to conduct workshops and to be a guest speaker at numerous organisations and events.

Recipe For Happiness is passionate about improving quality of life for people in the local community, and engages in a variety of voluntary work, including providing mentoring support to younger people and participating in fund raising activities, as well as offering in-kind contributions to not-for-profit organisations.

For further information, or to organise Mio to be a keynote speaker at your next event,
Call (03) 5251 5412 or 0403 439 654. Email info@recipeforhappiness.com.au.
www.recipeforhappiness.com.au

Happiness