



SHARON WESTIN



An engaging and down to earth speaker, Sharon can connect with any audience and leave them wanting more. Sharon is a graphic designer, art teacher, retreat facilitator and the author of *Unmasking The Past*.

As a life-long creative, Sharon has the tips and tricks to bring your creativity back, helping to block out the noise of your busy life.

Her traumatic life experiences have strengthened her resolve and taught her to maintain a solid self-belief to strive to create a life of her design.

Years of inner work have enabled Sharon to overcome anxiety, depression, and a victim mindset, and rediscover what lights her fire; creativity and helping people.

“It’s time to step out of your comfort zone, face your past, and create the life you deserve”

Sharon can customise a talk to any audience, however, her specialities are

BECOME THE CREATIVE YOU FORGOT YOU WERE

- Remember the creativity you had as a child
- Removing the self-doubt to see your potential
- Weekly ideas to bring creativity back into your life

FLIP THE SCRIPT TO OVERCOME THE VICTIM MINDSET

- Understanding why you feel like a victim
- Releasing your negative thoughts and fear
- Unmask your past to create the future you deserve

FROM NEGATIVE TO POSITIVE

- Discover what blocks your positivity
- Mastering the daily habits for success
- Embracing alternative ways to heal your mind



SHARON WESTIN
AUTHOR & SPEAKER

Contact Sharon at sharon@artfulnessretreats.com.au to enquire about her speaking at your event, availability and rates.