

GIFTS OF TIME: HOW ORGANISATIONAL TOOLS CAN HELP IMPROVE YOUR SELF-CARE

– ANTONIA HIGGINS



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About Antonia Higgins

I am a counsellor in private practice as well as a counsellor and wellbeing worker in the third sector. I work with both adults and young people. I'm passionate about self-care, and how we can improve our health and quality of life through learning how to prioritise our own needs, create strong personal boundaries, and make time to do what we want to do in order to make our lives better.



(Scroll down for contact details)

2019 Event

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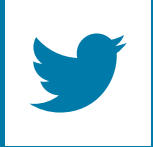


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