

# Women in Tax

**16 May 2025**

**Adelaide Pavilion**

**1 CPD hour**



# The empowered professional: Stress management for wellbeing and fulfillment

Stress is inevitable but is not the enemy – it doesn't have to control you. This dynamic, hands on one-hour workshop is designed to educate business professionals about their neurological systems and the science behind stress. You'll discover the surprising positives and negatives of stress, gaining a deeper understanding of how it affects your mind and body.

Learn simple, effective techniques—rooted in ancient practices and supported by the latest research—that can transform your hormones and nervous system in just 60 to 90 seconds. These tools are easy to use during your workday, empowering you to regain control, improve focus, and enhance wellbeing.

Packed with actionable insights and backed by significant data, this workshop equips you with practical strategies to self-manage stress and foster resilience. Step into your workday feeling empowered, balanced, and fulfilled, no matter the challenges ahead.

Perfect for professionals looking to thrive under pressure.

Join us at the Women in Tax networking lunch for an insightful workshop with Cindy Koehler, Executive Coach and Director at Mind Garage. With over 15 years of coaching leaders and elite performers, 20 years of teaching experience, and 39 years of mindfulness practice, Cindy brings a deep understanding of stress management and resilience.

**Speaker:** Cindy Koehler, Executive Coach and Director, Mind Garage

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## Event Details

**16 May 2025**

**Adelaide Pavilion**

**Cnr. South Tce & Peacock Rd**

**12:00PM – 2:00PM**

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We welcome all supporters of  
diversity and empowering  
women in the workplace no  
matter what your gender

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# Speaker

## Cindy Koehler, Executive Coach and Director, Mind Garage

With over 15 years as a Transformational Business and Life Coach for leaders and elite performers in business, sport, and music, Cindy brings a wealth of experience in stress management and personal growth. A seasoned educator with 20 years of teaching expertise, Cindy has also founded and sold four award-winning businesses over 25 years, navigating the pressures of entrepreneurship firsthand. With 39 years of mindfulness practice and teaching, Cindy empowers professionals to harness mindfulness, resilience, and emotional intelligence to thrive under pressure. Passionate about helping others, Cindy provides actionable strategies to reduce stress and achieve sustainable success.



*“Women in Tax is a very open and inclusive community where professional contacts are built and friendships are made. Over the years I have found the Women in Tax network to offer a very welcoming and encouraging environment where we can all learn and share our experiences together. I highly recommend this group to anyone looking for a supportive community that fosters connection, growth and inspiration.”*

Cathi Norman, Pitcher Partners SA

For event queries please contact:  
[NationalEvents@taxinstitute.com.au](mailto:NationalEvents@taxinstitute.com.au)

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purchase your tickets!



A tax invoice and confirmation letter will be sent on receipt of your registration. Please photocopy for additional delegates and retain original copy for your records. All prices quoted are in Australian dollars and include GST where applicable. ABN 45 008 392 372.

## 1 Registration

Please select your registration type:

Member	Non-member	New member	Table Registration (10 attendees)
<input type="checkbox"/> \$110	<input type="checkbox"/> \$130	<input type="checkbox"/> \$500	<input type="checkbox"/> \$1000

Please provide table attendees' name:

1.....	6.....
2.....	7.....
3.....	8.....
4.....	9.....
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## 2 Delegate contact details

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Date of birth:

First name:

Last name:

Position:

Company:

Address:

Suburb:

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Postcode:

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Please tick this box if you do not wish your name to be included on the delegate list provided to all attendees for networking

## 3 Payment method

Please note: all registration payments must be made prior to the event, unless other arrangements have been made with The Tax Institute.

**Cheque payable to The Tax Institute** (in Australian dollars)

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