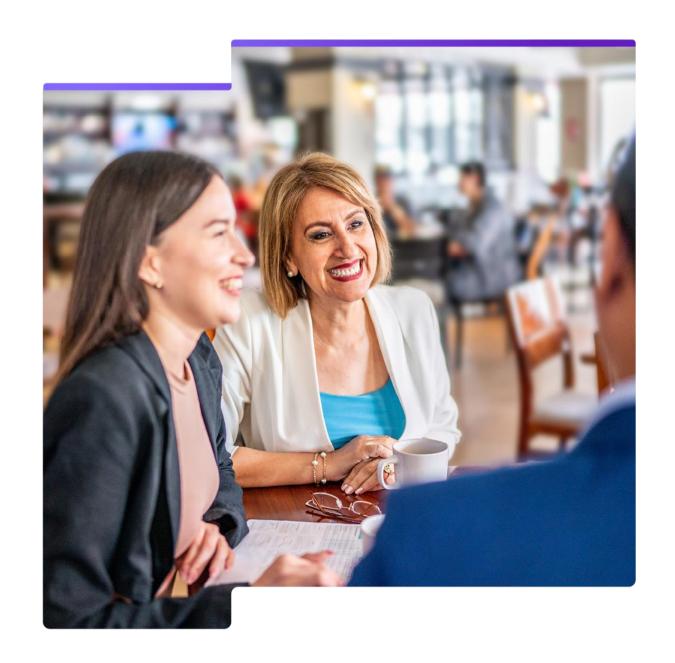


# Women in Tax

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 16 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

#### **Event Details**

16 May 2025

**Adelaide Pavilion** 

Cnr. South Tce & Peacock Rd

12:00PM - 2:00PM



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

Proudly sponsored by:



## 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.



For event queries please contact: NationalEvents@taxinstitute.com.au

Register now
Scan the code to
purchase your tickets!



"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



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.

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