

# Born to Thrive

## WORKSHOPS

You were born with everything you need to thrive in life, the freedom to choose your thoughts. We teach you how to empower yourself and be the creator of your life. No matter what your circumstances, you can feel better, by learning how to guide your thoughts. Everything that exists, began as a thought. Are you creating the life you want, or continually reacting to circumstances. You were Born to Thrive and we are ready to remind you how.

### "WHY DON'T THEY TEACH US THIS STUFF IN SCHOOL?"

Jake (VCAL student Chisholm Institute of TAFE, Frankston)

#### Key Topics Include:

- Why your relationship with yourself is the most important.
- Why feeling good now affects your future.
- How to have positive expectations in life.
- Why we compare ourselves to others and how to give it up.
- Why does the concept of positive thinking sound simple, yet I keep thinking negative thoughts about myself, others and life.
- Step by step process on feeling better from a place of fear, anger, disappointment, etc.
- Why you are the creator of your life and how to take charge of it.

#### Format:

Flexible delivery as a one off or a series of workshops. It is highly recommended to begin with an initial 1.5 hour workshop.

#### Ideal Audience:

16 - 24 year olds

Anybody can learn to have positive expectations in life, regardless of their circumstances, simply by changing the way they think.

Delivered with a commitment to having fun.

*Mish xxx*

**We were all Born to Thrive**  
**Call or email us today**

# Michelle Stastra

Michelle Stastra is the dynamic founder of Always Settle For More. Always Settle For More was created in 2013 to teach others how to enhance their natural wellbeing and thrive.

Michelle's entertaining flair for teaching and speaking on the power of our thoughts and emotions comes from more than twenty years of learning from the best. Her genuine enthusiasm to see others empower themselves is central to her work.

It was during her years teaching Electrical Pre-Apprentices at Chisholm Institute of Tafe, that the idea for Always Settle For More was conceived. Michelle incorporated her knowledge base while teaching students on self-esteem and anxiety issues, with immediate and startling results. Witnessing a teenager shift from withdrawn to eager and enthusiastic about life, there was no question what her purpose was. She is a born uplifter, nurturer and teacher.

Michelle received a 'Women in Engineering Scholarship' from the Australian Broadcasting Corporation and 'Women in Paraprofessional Engineering Scholarship' during her studies in an Associate Diploma in Electronic Engineering.

Early in Michelle's career she worked as a drafts person in the family business Stastra Page & Associates, a leading Consulting Engineering company, with an innovative highly skilled team of professionals focused on building, construction, mining and engineering projects, both in Australia and overseas. She worked predominately in the disciplines of electrical and air conditioning, and quickly became much sort after in the building industry.





# Michelle Stasera

Michelle is a highly effective communicator with an appetite for learning and meeting people. She broadcast, produced and presented a weekly program on radio stations, Southern FM Melbourne and Upper Goulburn Valley Radio in regional Victoria, interviewing a diverse range of talented people, to inform and inspire each week.

Michelle's hold nothing back attitude always makes an impact. Her vision is to be an uplifter of others, and remind them how to enhance their natural wellbeing and thrive is the driving force for Always Settle For More.

Michelle lives what she teaches, continues to learn, so she can be on the leading edge of thought and creativity. She has made it clear and simple for anyone wanting to change their life now.