

Thrive for a Living

WORKSHOPS

ALWAYS SETTLE FOR MORE
Enhancing your natural wellbeing

You were born with everything you need to thrive in life, the freedom to choose your thoughts. Learn to guide your thoughts and feel better instantly, no matter what your circumstances. Feel empowered, free and begin Thriving for a Living. It's easy and all you need is the desire to feel better. When you deliberately guide your thoughts, you understand how you can create the life you want.

".....be a spectator to your own thoughts...."

Sir Richard Branson

Key Topics Include:

- Why your relationship with yourself is the most important.
- Why feeling good *now* is everything.
- How to be a deliberate thinker and create what you want.
- Why we compare ourselves to others and how to give it up.
- If anxiety is a "condition", so is happy. How to choose happy.
- Step by step process's on feeling better from a place of fear, anger, disappointment, anxious etc.
- When you begin to thrive, every aspect of your life will improve.

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.

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

Start Thriving for a Living
Call or email us today

0493 546 337 | info@alwayssettleformore.com | www.alwayssettleformore.com

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 Witnessing a teenager shift from withdrawn to eager and enthusiastic about life, there was no question what her purpose was.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.