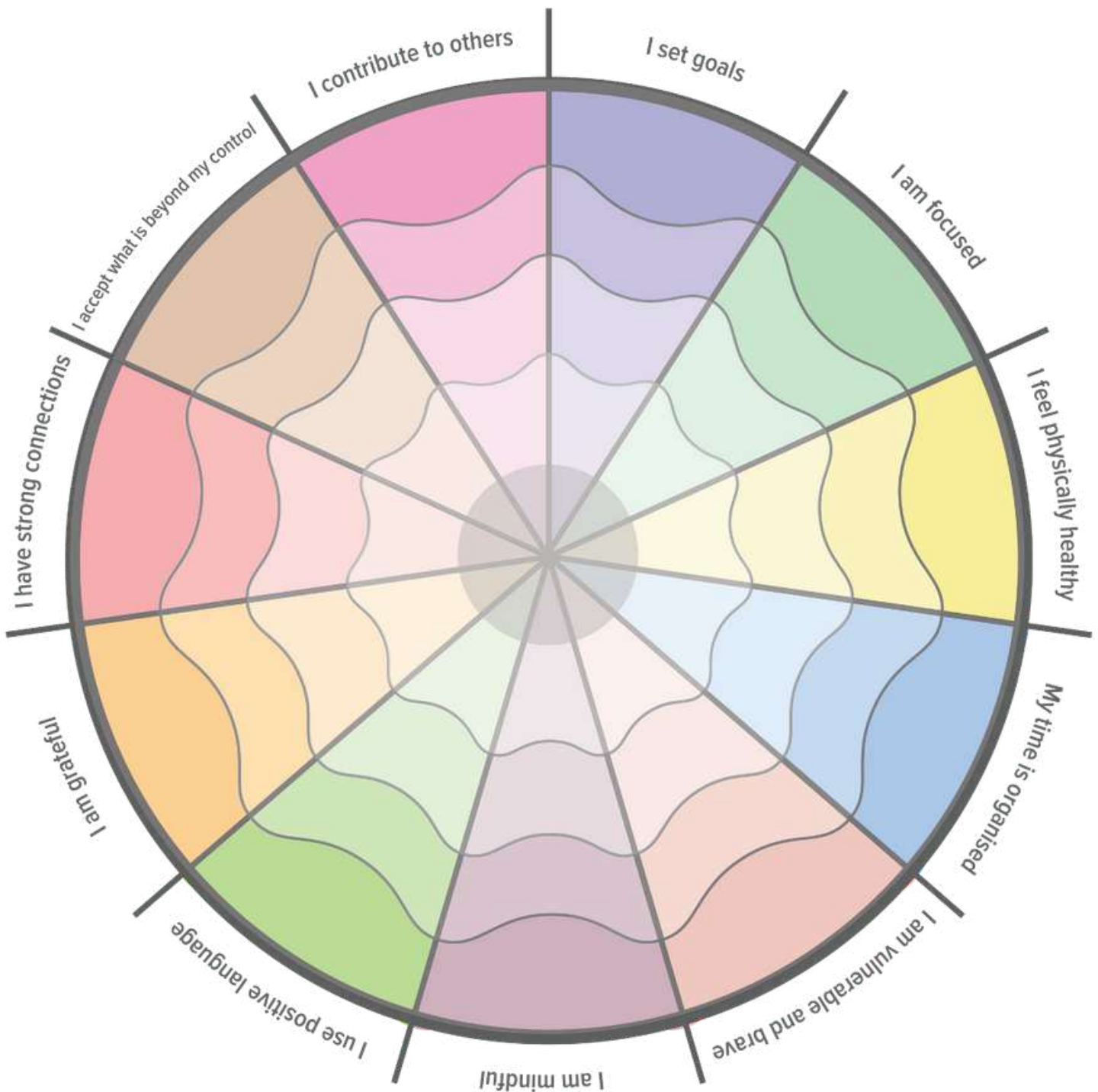


WEB OF WELLBEING

Place a dot within each node of your web to indicate where you feel you currently sit within the wellbeing web today. You can join the dots with a ruler to assess the balance.

- A dot towards the middle of the web indicates you show behaviours that this area is of low priority, you aren't satisfied or requires improvement
- The further out your dot sits indicates that your behaviours reflect this is of high priority and you are satisfied with this area of your wellbeing



- HEALTH AND WELLBEING CONSULTANT -
- SCHOOL LEADER -
- PRESENTER - HEALTH COACH -



Make lasting changes to your health and wellbeing

Get on top of your nutrition,
lifestyle and mental health so
that you can feel good in your
skin and thrive in work, life and
everything in between.

Do you try to get on top of your health
and wellbeing but always seem to land
back at square one?

Engage a Health and Wellbeing Consultant to
help you improve your eating habits, get on top
of your organisation and productivity, build a
healthier lifestyle and beat stress and feel
happier.

ABOUT ME

I was once unhappy, overworked and burnt out.
As a result my health began to decline and I lost
my ability to conceive naturally. I was riddled
with anxiety and depression and knew this was
not how I wanted my life to be. So I decided to
completely overhaul my lifestyle.

By prioritising my health and wellness, I started
to feel healthier, happier and more engaged at
work. Since doing so, I've made it my mission to
help organisations, schools and individuals to get
on top of their health, manage burnout and find
their happiness again.

LEARN MORE

CONNECT WITH ME

Adrienne Hornby

0430423741

adriennehornby.com.au

hello@adriennehornby.com.au

Instagram: [@adriennehornby_coach](https://www.instagram.com/_adriennehornby_coach_)

Facebook: [adriennehornbyconsulting](https://www.facebook.com/adriennehornbyconsulting)

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