

# UNDERSTAND YOURSELF

*'To know thyself is the beginning of wisdom' - Socrates*

*Reflect on the many aspects of yourself to build more self-awareness  
and build positive emotions.*

Personality, beliefs, values and traits

Preferences and aversions

Emotions, moods, and thought patterns

Reactions to others or specific situations

Past and conditioning

Strengths and positive attributes



- 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

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