

UNCOVERING CONFIDENT. CONNECTED. YOU.

It's been there all along.



29 June 2025, 9am-5pm - East Lindfield Community Hall - FREE

Created and facilitated by Kristyn Haywood, Founder of HealthKind

ONE DAY WORKSHOP FOR WOMEN

- More confidence to create real change
- Courage to speak your truth
- A deeper sense of joy and purpose
- Strength to bounce back from setbacks
- Freedom from blame, shame and old wounds
- Energy to show up and live fully
- Trust in your own choices
- Space to let go of what no longer serves you
- A kinder inner voice
- A more positive, hopeful outlook

A special wellbeing event by



Thanks to our event sponsor



Soroptimist International Hornsby has actively supported HKWS for over 10 years.

Radically lift your confidence in just one day with proven techniques!

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WORKSHOP OUTCOMES

This one-day workshop gives you the mindset and practical tools to lift your confidence from the inside out. You are unique, beautifully flawed, and incomparable to anyone else. The most powerful thing you can be is yourself. This workshop will help you feel more at ease in your own skin, trust your voice, and move through the world with greater self-belief.

WORKSHOP TOPICS

- Have a clearer sense of what real confidence feels like – not fake bravado, but the kind that comes from knowing and accepting who you are.
- Know what your true strengths are, understand their flip sides, and feel more able to stand in them without shrinking.
- Be clearer on what really matters to you – your values – and how living by them can make you feel stronger and more grounded.
- Explore what gives your life meaning and how connecting with your purpose can boost your self-belief.
- Learn how to quiet that harsh inner critic and begin speaking to yourself with more kindness and encouragement.
- Help women recognise the importance of connection and belonging by creating space to build supportive relationships and a strong sense of community.
- Understand where you have power in your life and how focusing on what you can change builds resilience.
- Start to notice the messages we've picked up about what women "should" be, and find new ways to challenge those stories.
- Practice letting go of self-doubt, find ways to be kinder to yourself, and take small steps with more courage.

CREATOR & FACILITATOR - KRISTYN HAYWOOD
GUEST FACILITATOR - ANGELICA MOLINA



Kristyn is the founder of People for Success and HealthKind. Kristyn has a deep calling to help women reconnect with their confidence, purpose, and inner strength. She brings decades of experience as an international leadership coach, educator, and world-class facilitator, known for creating safe and transformative spaces. Kristyn holds a Master of Business and is a qualified NLP Master Practitioner & Trainer, Generative Change Therapist, and Emotional Intelligence (EQi 2.0) coach.



Since stepping into the role of Shelter Manager at Hornsby Ku-ring-gai Women's Shelter in late 2023, Angelica has led with compassion, strength, and a deep sense of purpose. Every day, alongside her dedicated team of caseworkers, she supports women who are escaping domestic violence and homelessness - offering care, safety, and the chance to start again. With a rich background in mental health and community services, Angelica has spent her career walking beside those doing it tough, always striving to create meaningful change.