



Warida Wholistic Wellness

100% Aboriginal Owned & Operated
 Supply Nation CERTIFIED
 100% Female Owned & Operated
 Social Trading CERTIFIED SPECIAL ENTERPRISE
 Business for good

Embracing ancient Indigenous methods, Bianca helps women reconnect to their intuitive feminine wisdom.

Empowering Women to embrace healing on their own terms, our key services include:

- Workshop Facilitation - Trauma Informed, Culturally Integrated
- Bespoke Workshops – tailored just for the individual or group
- Conference Facilitation – keynote speaker
- Cultural Supervision
- Indigenous healing practices for mental health and wellbeing
- Crisis consultancy and System change processes
- Wellbeing Immersive Experiences
- Transformational / Executive Coaching
- Business Coaching for entrepreneurial support
- Online transformational courses – personal & professional



Bianca Stawiarski,
 Founder | Managing Director

Bianca's life-changing services are available to assist:

- Private Enterprise – big and small
- Government Departments
- Not-For-Profit Organisations
- Aboriginal Community Controlled Organisations
- Individuals
- Business start-ups

Bianca is the only person in South Australia licenced to facilitate We Al-Li Programs and workshops. A strong, centred, purpose-driven healer, Bianca is a culturally competent mental health practitioner, consultant, speaker, lecturer, best-selling co-author, facilitator, and change-maker.

Helping women to improve their personal and professional lives.

Proudly decolonising mental health, we empower people to create real and lasting change.

Within a room isn't the only way to heal. We move outside of four walls honouring Country and embracing the ethos of Gudu-Guduwa (coming together) and Ngardi Guwanda (deep listening).

Our Vision is to be a sanctuary that provides the right tools, through an Indigenous Healing Practices Approach, for all women regardless of background to heal and thrive; and encourages community change – one person at a time.

Here's what sets us apart.

Channelling ancient Indigenous intuitive methods, we reconnect women to their innate feminine wisdom

A culturally safe service, a First Nations worldview is integrated into everything we do

We integrate an understanding of the impacts of trauma throughout all services

We respectfully encompass wellbeing in all aspects: social, emotional, physical, mental, and economic empowerment

We focus on healed, empowered individuals, and their families, as the basis of healthy community change

We provide tailored, flexible service delivery

We can combine one-on-one sessions, group workshops, and online self-guided sessions to help our participants to soar

We confront the difficult conversations that encompass truth telling and organisational change

We successfully assist businesses, individuals and organisations to achieve clarity

Contact

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Learn much more at:

www.warida.com.au



As a Badimaya / Badimia (First Nations) business / social enterprise, Warida Wholistic Wellness acknowledges and pays our respects to the traditional custodians across the lands, waters and seas and thank our Elders for their continued custodianship.