



Warida
Wholistic
Wellness

Bianca Stawiarski is a strong Badimia and Ukrainian woman and is passionate about creating change. She is a centred and purpose-driven healer, mental health and Indigenous Healing practitioner, facilitator, coach, international co-author and speaker, as well as a change maker...

She is founder and Managing Director of Warida Wholistic Wellness, a First Nations international social enterprise based on Kurna Country. Bianca is also the co-convenor of the Psychotherapy and Counselling Federation of Australia's (PACFA) College of Aboriginal and Torres Strait Islander Healing Practices.

Warida is focused on moving past Western 'categorisation' medical models of dysfunction, facilitating healing outside of the office building, and on Country. Part of this approach embraces the ethos of: **gudu-guduwa** through **ngardi guwanda**, **relationship**, and **connection**. Warida empowers a diversity of women to embrace healing on their own terms, because Warida believes that healed, empowered individuals and families are the basis of healthy community change. This includes the economic empowerment of individuals and community through unique business / entrepreneurial support. Warida also works to change systems that create this imbalance. As part of Bianca's PhD research, she's exploring 'We hold our own Answers' - Integrating Ngardi Guwanda practices to strengthen community-led women's empowerment projects for entrepreneurship. Bianca hopes that the outcomes from her research will empower First Nations communities to choose their own paths.

Bianca has co-authored 7 internationally published books and has authored a children's book, Gami Winda and Dyindi-Dyindi. She is also a multiple award-winning entrepreneur, as you can see:

- 2023 Stevie Awards for Women in Business (International) – Social Change Maker of the Year – Race – SILVER; and Maverick of the Year - BRONZE
- 2023 Women Changing the World Awards (International) - Social Enterprise Award GOLD.
- 2022 Ausmumpreneur Awards: Indigenous Business Excellence BRONZE; Wellness and Wellbeing GOLD; and Women will Change the World BRONZE
- 2021 South Australian finalist in the Telstra Best of Business in the Indigenous Excellence category
- 2021 Global Business Mothers Awards: Women will change the World Award GOLD;and Oceania Business Excellence Award GOLD

Want to know more about Bianca and her work in Warida Wholistic Wellness? Check out her website by scanning the QR code:

