



OAK WHISPERS

Dare to be Remarkable



Change

Keeping your Balance in Uncertain Times

In this talk Ireland's most experienced Soul Coach, Paula Hughes, will guide you through a series of simple and practical techniques to help you stay relaxed, balanced and focused in your everyday life.

Our country is changing. Our lives are changing. During this talk Paula will take you on a Soul Journey where you will connect with your own deep wisdom, learn to harness the power of change to become the architect of your own life

