



**WELL-BEING WEDNESDAY**  
FREE WEBINAR  
1-2PM  
ON ZOOM

A WEEKLY CONVERSATION WITH A WOMAN FROM RURAL & REGIONAL AUSTRALIA SHARING THEIR WISDOM & STORY

*just for you*

JOIN YOUR HOSTS CYNTHIA MAHONEY & LOUISE THOMSON AS WE TALK WELL-BEING EVERY WEDNESDAY

**cma**





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cynthia mahoney & associates



# CYNTHIA MAHONEY

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## Well-being Wednesday Summary of Speakers



Leadership Development | Facilitation  
Coaching | Speaking | Mentoring



# Episode 1: Di Bowles

Di's Top Well-Being Tips:

1. Daily rituals are important for well-being.
2. Accept yourself as you are.
3. Say, “Let me get back to you”.
4. Get rid of FOMO!
5. Five minutes with someone could mean the world to them – take time to connect.
6. Don't apologise for surrounding yourself with things you love.





# Episode 2: Maree McPherson

Maree's top well-being tips:

1. The busier you are the more quiet time you need.
2. Manage your energy, not your time.
3. Work life balance – we guilt ourselves about what is not achievable – it's LIFE balance – carving out time for ourselves.
4. Practice gratitude – having big picture meta responses to what's going on.
5. Know the signals when your well-being is challenged and what your triggers are.





# Episode 3 : Shanna Wahn

## Shanna's Top Well-Being Tips:

1. Speak good things to yourself, to others and about your situation.
2. Regarding the challenges of lockdown, accept it, let it go, surrender and choose to look at things in a positive way. Its an opportunity to reboot, reset, do the basics and do them well.
3. Put your well-being first. We need all the odds in our favour during this time. Prepare for the mental health aspects of your well-being to be challenged e.g. loneliness.
4. There's an opportunity, if you think you need it, to set yourself a three-month challenge e.g. to get off, or reduce, the booze you consume. This will give you an immunity boost which is so helpful during these COVID-times. If you want to reduce your alcohol consumption but can't do this, potentially that's a big red flag that you might want to look into.





# Episode 4: Dr Kate Burke

Kate's Top 3 Well-Being Tips:

1. Be Kind – drop the judgement, don't impose on others. Avoid using language like I should, You should. Try to realise that we're all under pressure – take a deep breath – be more forgiving, be more kind.
2. Put yourself first – write a NO list. Set boundaries. Give yourself permission to wrap yourself up – it's a long journey.
3. Shut up – many of us want to solve everyone's problems. Remove yourself and go into another room. Situations like lockdown are not the time to solve problems.





# Episode 5: Shantelle Thompson

Shantelle's Top 3 Well-Being Tips:

1. Create Space & Time – to do things for you – they are non-negotiables, schedule it.
2. Connect with something you love.
3. Self-awareness – do the hard stuff.





# Episode 6: Donna Digby

Donna's top three well-being tips

1. Really understand what your well-being cup looks like. How can you put yourself first in your cup, you've got to be that foundation.
2. What do you do for your physical well-being and how can you make a baby step. Can you do that tomorrow? Can you give it a go?
3. You can't underestimate the benefit of rest and being aware of rest and recharge.





# Episode 7: Fiona Lake

Fiona's top three well-being tips:

1. Women - when you're 80 or 85, what do you want to look back on? Let this drive the whole gamut of decisions that you make daily
2. Always have something to look forward to.
3. Don't worry about what you look like. It's insane, we're all going to die one day and we didn't have a swim on a hot day because we worried of how we look.

And two more top tips!!

4. It's okay to be angry, Make sure you're directing it at who you should be directing it at, and keep your eye on the outcome. Always offer a solution.
5. Have courage. It's like any kind of exercise, if you exercise it, you do get better at it.





# Episode 8: Louise Scott

## Louise's top three well-being tips:



1. Bricks - Louise demonstrated how layering one thing on top of another can be detrimental to our well-being, but that instead of simply changing the whole situation, just be mindful of what's piling up and try to take some of the pressure off. It's usually the straw that breaks the camel's back.

2. Legacy - Consider what is your legacy going to be? Identify your values and do what you can to stick to the right path.

3. Network analysis. Who is there with you that should be and who is there that doesn't help you? Sanity keepers, listeners, truth tellers, encouragers, people who will have hard conversations can all be a good support.



# Episode 9: Dr Paige Williams

## Paige's top three well-being tips:

1. Check your internal dialogue. Monitor your own self-talk. Be mindful of what you're saying to yourself and remember to be kind. If you wouldn't say it to your best friend, then don't say it to yourself!
2. Expectations vs reality. Are you being realistic in your expectations?
3. How can I 'learn forward' from this? By asking those questions about what went well / what I struggled with and what I can learn, you will naturally grow and new neural pathways will be built, when you keep practicing it.





# Episode 10: Sally Murfet

## Sally's top three well-being tips:

1. Find your why. Take the time to figure this out because it can be a game changer for your whole life.
2. Human connection. Find your tribe of people who don't drain your energy. Do what it takes to find them and to maintain that connection with them.
3. Choose growth over comfort. Once you sit with discomfort and work through it, you will grow and learn so much about yourself.





# Episode 11: Tanya Kitto

## Tanya's top three well-being tips:

1. Take time. It might just be five seconds, or five hours, but make time and space for yourself.
2. You matter. Put yourself first. You cannot help anyone else if you're not alright first.
3. Love life. Just love it, get out there, don't hold back.





# Episode 12: Joy McClymont



## Joy's top three well-being tips:

- Don't feel selfish about self-care. Nobody deserves your attention more than you.
- Nourish yourself well (no fasting!). The right kind of food is so important to ensure our energy levels are maintained. This is especially important for women who have different needs at different times in their lives, as well as their monthly cycle.
- Give yourself plenty of downtime and enjoy it - whatever form that takes. For Joy it's watching TV period dramas. Step away from life for a short amount of time, and you will be even better when you re-enter.

# Episode 13: Lisa Keedle



## Lisa's top three well-being tips:

Lisa calls this her well-being first aid trilogy...

1. Embrace the power of a power nap! Even a 10 minute quick nap can really help to restore your brain and your body. Lisa first started this when she had young kids and it's something she still does regularly.

2. Yoga. A salute to the sun (full body stretch) three times a day has an amazing effect on your body and your mind.

3. Eat well. A 10-minute meal that is healthy and that you can prepare quickly will set you up well.



# Episode 14: Dr Jo Newton

## Jo's top three well-being tips:

1. Find a form of physical exercise that you enjoy and get out there and do it, even if you're feeling a bit off.
2. Have a conversation about your mental well-being with a therapist, or your close support network.
3. Be self-aware of what your body needs today, and understand that this might look different tomorrow or next week.



# Episode 15: Emma Aylife

## Emma's top 3 well-being tips

1. Book time in your own calendar for yourself to do nothing. For Emma this includes exercising, reading or sewing.
2. Spend time and effort to have an amazing network around you, full of people who are open and honest. And listen to what they say; little gems can be found everywhere.
3. Know your red flags. Recognise when things aren't feeling like they should and take the time out to reset and rest.





# LET'S CONNECT

**Courage. Connection. Conviction. Curiosity. Creativity.**

**Working with Cynthia enables leaders and teams to dial up their Courage, Connection, Conviction, Curiosity and Creativity to unlock high performance.**

Cynthia made a successful leap from an extensive career in government to founding her own leadership development practice eight years ago. Through her business, Cynthia has created a way to combine her entrepreneurial spirit with her passion for developing people to be their best and her skills and talent in facilitation. Her journey of self-discovery, along with her empathy, authenticity, and commitment to courage, growth and self-leadership, enable her to help people, teams and organisations make positive change and achieve professional and personal success.

Cynthia is a facilitator, coach, mentor, speaker and author with a passion for personal disruption, neuroscience, positive psychology, courageous conversations, high performance and well-being. Her mantra (taken from the latest research) is that *“Happier people are higher performing,”* and she strives to help leaders and teams achieve this in the workplace.



## Cynthia Mahoney

**Director**

**Cynthia Mahoney and Associates**

**Dare to Lead Trained, Dip Leadership Coaching & Mentoring, Cert IV Business & Personal Coaching, Grad Dip Business, M Agr Sci, B Agr Sci**

**Contact me:**

**[cynthia@cynthiamahoney.com.au](mailto:cynthia@cynthiamahoney.com.au)**

**[cynthiamahoney.com.au](http://cynthiamahoney.com.au)**



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