

# Lunchtime Speaker Series: Petrea King

Health and wellbeing: resilience in the workplace and taking care of your mental health in the workplace

**Petrea King N.D., D.B.M., D.R.M., Dip. C. Hyp., I.Y.T.A.**

Petrea King is the Founding Director and CEO of the Quest for Life Foundation. She is the bestselling author of eight books including Quest for Life and Your Life Matters. Petrea has also written 3 children's books You, Me & the Rainbow, Rainbow Kids and The Rainbow Garden; and recorded a dozen meditation CDs, including the Rainbow Connection CD for children.

Petrea provides a practical and spiritual perspective in the challenging arenas of life including facing mortality, grief, loss and trauma. Our changing world demands a robust version of spirituality and Petrea is well versed in articulating that for individuals, groups and the media. She makes the invisible world accessible and is able to shed light and wisdom on living a meaningful life in the midst of difficult circumstances.

Petrea is a regular keynote speaker at conferences nationally and internationally.



## **To book please contact**

Jocelyn Ruddy, Event Coordinator  
[jruddy@codea.com.au](mailto:jruddy@codea.com.au) or 9291 7190

*Sandwiches and light lunch provided*

Tuesday 24<sup>th</sup> February 2015 from 1-2pm

Carroll & O'Dea Boardrooms A & B, Level 18, 111 Elizabeth Street, Sydney

*Please RSVP by Friday 20<sup>th</sup> February 2015*

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& O'DEA**  
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