



**Helen Martino-Bailey – Spiritual Life Coach, Healer, Speaker and Author**

**Speaking, Workshops and Events Resume**

**2013**

**Guest Speaker**

International Aromatherapy Conference

*Speaker*

Living a Joy-filled life

*Event Presentation*

MindBodySpirit Festival, Sydney, Live life with JOY!

*Radio*

Blogtalk radio – Cloris Kylie Stock, Magnificent Time: Conversation with Helen re: Journey of our Spirit

Toni Reilly radio - A look Within: Conversation with Helen on living life with more joy.



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**2012**

*Workshops*

Reiki 1

Let's get a hand on stress

*Contributing Journalist*

Western Suburbs Weekly Community Newspaper, monthly article on Health and Wellbeing

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**2011**

*Workshops*

Reiki 1 and Reiki 2

*Speaker*

Tips to good health and wellbeing

Improve your life, improve your wellbeing : Use Creative Visualisation

The benefits of Reiki as a complementary therapy

*Contributing Journalist*

Western Suburbs Weekly Community Newspaper, monthly article on Health and Wellbeing



## **2010**

### *Workshops*

Reiki 1 and Reiki 2 for Nurses

Let's get a hand on stress

Abundance of Joy

### *Speaker*

Improve your life, improve your wellbeing: Use Creative Visualisation

The benefits of Reiki as a complementary therapy

Create the life you want!

### *Contributing Journalist*

Western Suburbs Weekly Community Newspaper, monthly article on Health and Wellbeing

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## **2009**

### *Workshops*

Let's get a hand on Stress

Life without Worry

Reiki 1 for Nurses

### *Event*

Walk for Values—Event Master of Ceremonies

### *Contributing Journalist*

Western Suburbs Weekly Community Newspaper, monthly article on Health and Wellbeing

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## **2008**

### *Workshop*

My Health Vs My Stress level

### *Radio*

Spiritual Journey's; Conversation with Helen re: Journey of our Spirit and spirituality

### *Event*

Walk for Values—Event Master of Ceremonies



***Prior to these dates:***

- 2006 - 2007** Creative Visualisation course and Meditation courses, SolarisCare
- As a voluntary complementary therapist at SolarisCare, I ran courses for patients and carers
- Nurse Tutor and Clinical Supervisor at Edith Cowan University
- My role included running tutorials for student nurses.
- 1997-2000** National Youth Co-ordinator for the Sathya Sai Baba Organisation
- 1995-1997** State Youth Co-ordinator for the Sathya Sai Baba Organisation
- During my time as both the State Youth Co-ordinator and National Youth Co-ordinator I ran many workshops for Young Adults. The main topics of my workshops: Relationships, Time Management, Communication skills, Spiritual Values in today's world, Stress Management. My role also included radio talks on spirituality.
- 1990 -1993** Staff Development Nurse
- As a nurse educator, I regularly conducted education sessions related to general nursing topics as well as staff education on occupational health and safety.