

ADRIAN HANKS

**Life Mastery Expert
Teacher, Writer, Speaker,
Coach and Mentor**

From Donna Ferguson Unique Vibrations website
... A certified Rapid Success Technique Therapist and NLP Practitioner, Donna has attended many Mastermind courses over the years. Having completed Adrian's Life Mastery Course, which assisted in the mind, body, soul and spirit alignment, to enhance her already certified modalities, Donna believes this was one of the true turning points in her life. ...



ABOUT ADRIAN HANKS

First and foremost, Adrian is passionate about life. He loves to positively challenge, guide, teach and inspire people to live their lives in a richer, more engaging and authentic way.

Developing his knowledge, understanding and expertise in the personal, professional and spiritual development fields over the past two decades, Adrian now has much to share with others to support them on their unique journeys.

Adrian is married with a blended family of 6 adult children and 4 young grandchildren he also has two teenage God-daughters.

He has lived in the UK, Europe, South Africa and Australia and loves traveling and exploring. Taking a small group of people on a 21 day Spirit of Africa Journey is something Adrian loves to do.

Much of Adrian's time is spent being creative with his writing. Adrian has published several books and is in the process of writing and publishing his first novel – which he would also like to make into a full length feature film!

His book – *Where Am 'I' Right Now?*

Physically - Mindfully - Spiritually, is a resource book that offers guidance and inspiration to people so they can live better and richer lives.

One of Adrian's other key resources for people to use, is his Life Mastery program. This 12 week program is a Life Changer!

Adrian is also a Didgeridoo player and teacher. He loves to share the Didgeridoo sounds and energy whenever possible.

“I do not claim to be wiser than you. I do claim to know that what I teach is my truth. If you want to reach your truth, I am willing to walk beside you whilst you explore”.

Adrian

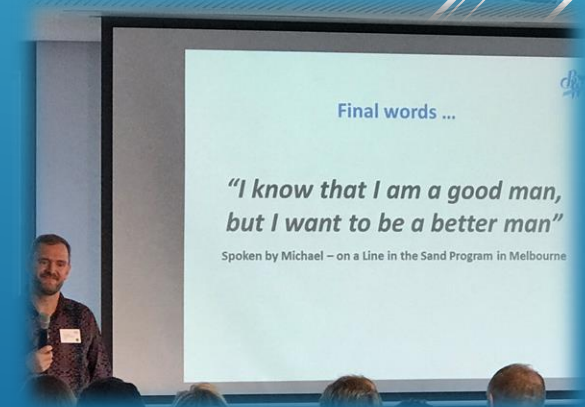


ADRIAN THE SPEAKER

Adrian loves public speaking. He loves to engage with his audience and create a space where there is a merging of the intellectual and creative minds, the heart space and a deeper connection of shared human experience.

Even though Adrian has many topics to present and share, Life Mastery is always the overarching message. Everything that we do in life is about doing it with a deeper sense of consciousness and understanding.

When you see Adrian presenting you will feel Inspired, Engaged and Enlivened. That is his passion and skill and he loves to share it!



WATCH ADRIAN SPEAKING

At 'The Cure' Film Documentary Premiere in Brisbane



ADRIAN THE WRITER

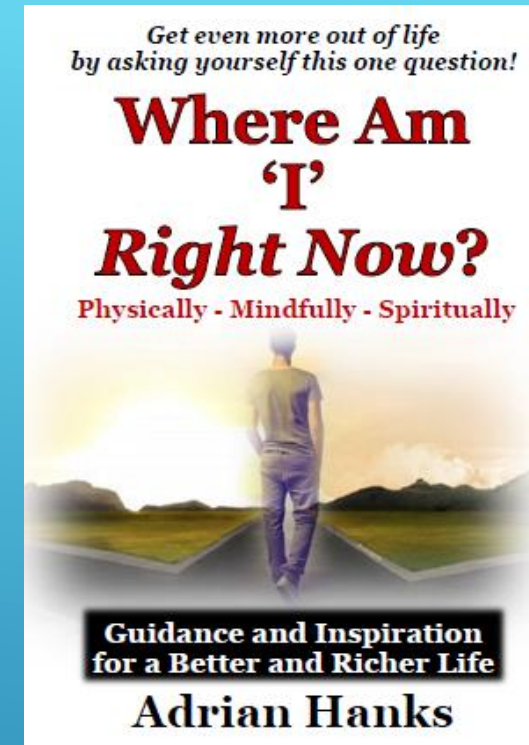
WHERE AM 'I' RIGHT NOW?

PHYSICALLY - MINDFULLY - SPIRITUALLY

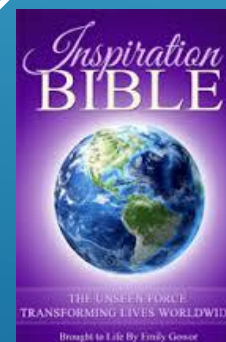
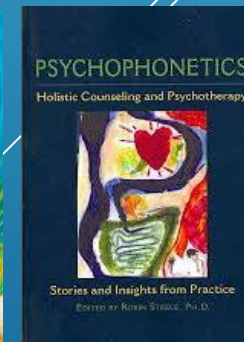
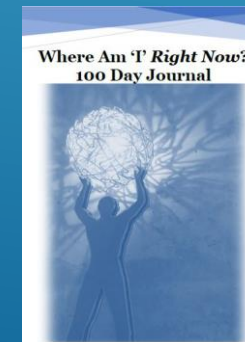
This is one of those books that every reader will remember as a definitive book that helped them to bring much more Life Mastery into their lives and enable them to live a better, richer and more holistic life.

This book is more about the 'how to do'. It is full of practical, engaging and beneficial tools to help people to achieve what it sets out to achieve – A life of Life Mastery for those that want it.

It has in depth information and insights into the development and organization of the human being and offers the reader many tasks and exercises to support them on their personal and spiritual journey. Other chapters share anecdotes and stories. and some fun games and exercises to try. Adrian also shares some of his biography so that the reader can get a deeper sense of who he is.



Adrian has also written and co-authored several other books



ADRIAN'S QUALIFICATIONS

With 25 years of experience studying and working in the professional, personal and spiritual development fields, Adrian has a well rounded, holistic and deep understanding and knowledge of how things work in the world. He has worked as a trainer and facilitator for over 20 years and as a psychotherapist/counsellor since 2000.



'Adrian is able to tune into any group, gauge where they are at, speak to that and mold his chosen subject matter to suit the group and the occasion – an enviable skill indeed'.

Heather Pavel NSW, Australia

Advanced Diploma in Counselling and Psychotherapy
Certificate 4 in Workplace Assessment and Training
Certificate 4 in Anthroposophical Studies
7 month NSW Rural Leadership Training
Group Mediation Training
Public Speaking Training
Over 20 years facilitating groups

TOPICS THAT ADRIAN OFFERS

- ❖ **Life Mastery - with topics including:**
 - Creating and Maintaining Your Health and Wellbeing
 - Meditation and Relaxation (For Beginners to the More Advanced)
 - Visioning and Creating Processes for Personal and/or Business
 - Developing More Conscious Communication
 - Motivation and Taking Positive and Decisive Action
 - Developing the 12 Senses and Deepening Self-Awareness
 - Creating and Having More Joy, Fun and Laughter
 - Creating and Maintaining Healthy Boundaries
- ❖ **Anthroposophy, Spirituality and the work of Rudolf Steiner**
- ❖ **Personal Empowerment and Confidence Building**
- ❖ **Healthy Relationships, Conflict and Domestic Violence**
- ❖ **Holistic Psychotherapy and Counselling**
- ❖ **Public Speaking with Authenticity, Clarity and Confidence**
- ❖ **Staff and Workplace Training and Development**
- ❖ **Men's Health and Wellbeing**

Available in different delivery formats:

With stage or room presentations, seminars, workshops or retreats

BOOK ADRIAN FOR YOUR NEXT EVENT

10 minute 'stage bursts' with inspirational and education topics

30 minute stage/room presentations with inspirational and education topics

60 minute stage/room presentations with inspirational and education topics

90 minute inter-active workshops with inspirational and education topics

Half day inter-active workshops with inspirational and education topics

Full day inter-active workshops with inspirational and education topics

Adrian is also available for health and well-being in the workplace, communication building and other staff development training.

Please contact Adrian for all fee and booking enquires.

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CONTACT DETAILS

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