



MINDSET & MEDITATION COACH

Paisley Madison is a coach, speaker, and facilitator who champions the importance of mental wellbeing, community, and a sense of spirituality.

She has a profound talent for synthesising diverse streams of thought from psychology, philosophy, mindfulness meditation, ritual, and poetic traditions.

Based in Perth- Western Australia, she has traveled the world learning from extraordinary teachers and masters who challenge and expand the human condition. Paisley's lifelong curiosity has fueled her passion for introducing the transformative power of spirituality to countless individuals, businesses, and community groups seeking connection and meaning.

Paisley has developed and facilitated wellness offerings for businesses and charities including Uber, Lululemon, Unyoked, The Australian Hotels Association (WA), Ronald McDonald House WA, Meeting For Minds, and Healthy Mind Menu.

Paisley is renowned as a trusted friend and facilitator, celebrated for her extraordinary ability to articulate profound emotional realms with grace and fluidity. She artfully infuses imagination and empathy into spaces often tainted by judgment and shame.

0422 076 308

WWW.PAISLEYMADISON.AU



PRICE LIST

SEMINAR/PRESENTATIONS

SPEAKER PRESENTATION (<35 MINS) \$350
**NOT FOR PROFIT* *POA

SPEAKER PRESENTATION (> 60 MINS) \$500

INTERACTIVE

ONLINE CLASSES (25 MINS) \$125

CORPORATE CLASSES (60 MINS) *\$250
**GROUP OF 10 STUDENTS. EXTRA STUDENTS ARE
\$25 PER STUDENT.*

WORKSHOP (2 HOURS) \$800

HALF DAY WORKSHOP (3.5 HOURS) \$1600

CREATIVE COLLABORATIONS FROM

RECORDED MEDITATIONS \$250+
FOR EMPLOYEES AND/OR A CLIENT OFFERING

ONLINE COURSE CREATION/MODULES POA

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SPEAKER TOPICS

MINDFULNESS & MEDITATION

Explore the principles and profound benefits of mindfulness and meditation practices, including stress reduction, improved focus, and enhanced emotional well-being.

STRESS MANAGEMENT AND SELF-COMPASSION

Discover strategies for effectively managing stress and cultivating self-compassion, fostering resilience and emotional balance in the face of life's challenges.

GRIEF AND LOSS

Navigate the complex terrain of grief and loss, offering insights and coping strategies to help individuals and communities find healing, resilience, and a path forward in times of profound loss and transition.

THINK FOR YOURSELF

A powerful exploration of self-mastery, personal growth, and the path to adulthood, encouraging individuals to take responsibility for their lives, embrace maturity, and learn to trust their inner wisdom.

PRIORITISING MENTAL HEALTH & WELL-BEING

This presentation explores essential strategies for prioritising mental health and overall well-being, offering practical tools and insights to help individuals achieve a balanced and fulfilling life.

INTERACTIVE

CLASSES/ WORKSHOPS/ COURSES

MINDFULNESS & MEDITATION

Explore the practices of mindfulness and meditation, teaching participants how to cultivate present-moment awareness, regulate their attention, reduce stress, and enhance mental well-being.

JOURNALING 101

Learn the art and therapeutic benefits of journaling, including various techniques to express thoughts and emotions, set goals, and promote self-reflection.

DYNAMIC GOAL SETTING/ VISION

An engaging workshop guiding participants on a creative exploration, empowering them to vividly envision their future while leveraging the potential of their minds and the science of neuroplasticity to craft a personal vision statement.

BREATH & BODY

In this workshop, discover intentional breathing techniques, and how to harness the power of your breath to enhance relaxation, reduce stress, and boost your overall well-being.

GRIEF TENDING RITUALS

A warm and non-judgemental space to welcome the many faces and forms of grieving. Holding compassionate witness to reweave the bonds of connection and awaken our capacity for joy.

PREMIUM EVENTS

Paisley Madison and Karina Paxinos co-facilitate these unique, creative events with a maximum group capacity of 20 participants.

Enquire for pricing.

POETRY & PINOT

In this two-hour event, immerse yourself in a unique experience where you will have the opportunity to reconnect with your inner self, express your deepest thoughts, and explore the power of poetry...with a glass a wine!

BREATHING THROUGH CHANGE

This signature event, a larger group circle, empowers individuals to navigate life's challenges through transformative practices and open discussions, fostering connection, support, and personal growth. Includes somatic self-care, meditation, journaling and breath work.

