

# healing *your* life



## Heal the past, build resilience for the future, and live in the present

17 - 21 NOV, 1 - 5 DEC 2025

If you are finding it difficult to cope, are feeling depressed, stressed, burnt-out or anxious, our Healing Your Life program can make a profound and positive difference in your life.

Join an intensive 5-day residential program to gain many practical strategies, techniques and tools to increase your physical, mental, emotional and spiritual wellbeing - you are encouraged to implement the ones that feel right for you. Healing Your Life is facilitated by highly experienced professional teams of psychologists, counsellors and therapists who educate, encourage and support participants to achieve their goals. Our residential programs are conducted at the Quest for Life Centre in Bundanoon in the beautiful Southern Highlands of New South Wales. ✨

*"My arrival at Quest was at a time of decision-making crisis. The Centre and its amazing people have saved my life. More than that, I felt I have the tools and the knowledge to have me looking forward to a life of peace, meaning, and fulfilment. My greatest discovery has been Quest for Life."*  
– Chris, former Healing Your Life participant

### You'll leave the program with:

- With a clear map forward for your life
- Knowing how to stop old patterns from dominating your life
- Knowing how to create an environment for healing
- A much deeper understanding of yourself and others
- An optimistic, empowered and capable feeling
- Feeling confident in your ability to skilfully embrace your challenges
- A greater appreciation for your story and your potential
- A toolkit of strategies and practical skills to draw on for life



### FINANCIAL HELP AVAILABLE TO ATTEND OUR PROGRAMS

*The Quest for Life Foundation is a not-for-profit organisation providing programs and workshops based on the latest scientific research on health, healing, epigenetics and neuroscience.*

LIMITED PLACES – CALL TODAY:  
**1300 941 488** [questforlife.org.au](https://questforlife.org.au)

