

# Integreatness is....

- ♦ Personal Change Coaching
- ♦ Men's Mindfulness Retreats
- ♦ Personal Growth Workshops
- ♦ 1 to 1 and Group Meditation

Phone for a free Coaching session

☎ 0451 482 976

[www.integreatness.com](http://www.integreatness.com)

[greg@integreatness.com](mailto:greg@integreatness.com)

1:1 and Phone Coaching Available

Make Bold Changes, Take Exciting Action

- Feel More Passion and Energy
- Own Your Unique Story With Pride
- Live without Limits, Labels or Fear
- Explore Self Love and Attract Love
- Say The Words You Need To Say
- Develop New Habits Of Happiness

- ♦ Stressed ?
- ♦ Struggling ? *Let's chat*
- ♦ Working it out ?
- ♦ Coming Out ?



Coaching • Inspiration • Motivation

*My Coaching is about helping you change whatever is making you unhappy or confused. It is about building an inspiring, INTEGRATED life story for Men Who Date Men. You can create a passionate life that celebrates your unique rainbow GREATNESS...day after amazing day. I can help*

**GREG KIERNAN**

Transformational Life Coach • Change Catalyst • Men's Groups Facilitator

Advocate, Activist, Writer and Blogger for SAME SEX ATTRACTED GUYS and their Happiness, Well Being, Healthy Living and Human Rights



**HAPPINESS and WHOLENESS for MEN WHO DATE MEN**