



KADE MACDONALD  
FOUNDATION  
*proudly presents*



## Be Your Best Self – Wellbeing Tips from Katrina Webb OAM

**Are you ready to achieve your personal best in wellbeing?**

Katrina Webb OAM is the founder and co-director of Newday Leadership. She is a Paralympic gold medallist, international speaker, self-mastery and whole leadership strategist and a physiotherapist. Katrina uses an elite sports mindset, evidence based material and proven methodologies to help others build self-awareness, self-acceptance, and self-leadership.



Suitable for ages 15 up (parents welcome)  
Free of charge, but bookings essential via Humanitix:  
<https://events.humanitix.com/be-your-best-self-wellbeing-tips-from-katrina-webb-oam-qdqqrwar>

Join us as Katrina takes us through her journey and walk away with valuable insights and strategies to improve your own mental health and wellbeing. Katrina will also conduct a Q&A session following her presentation for those who wish to stay longer.

Wednesday 28th May, 2025  
6.30 -8pm  
Clare Town Hall

From 6pm:  
Apex BBQ  
Lions Donuts  
Red Hot Shot coffee  
Visit local provider stalls

The Kade MacDonald Foundation is grateful for the support of the following generous community groups and organisations:

Clare and Gilbert Valleys Council  
Penny Pratt MP  
Apex Clare  
Woolworths Clare  
Clare Lions Club  
Red Hot Shot Coffee  
Clare High School