



# GLADY AND CO INSPIRE

# Phillip Island

## 23RD - 26TH FEBRUARY

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### **Your goals. Your pace. Your Inspire experience.**

Join us for an inclusive, participant-led program designed to support your NDIS goals in a relaxed seaside setting. This experience is all about you developing independence, confidence, and connection through real-world activities.

#### **Program Highlights**

- Coastal nature walks
- Op shopping & local sightseeing
- Group meal preparation
- Community exploration
- In-house workshops (e.g., cooking, art, wellness)
- Creative activities and social games

#### **Skills You'll Build**

- Increased independence in self-care
- Improved social and communication skills
- Enhanced community participation
- Budgeting and money-handling skills
- Health and wellness management
- Emotional regulation and coping strategies
- Creative expression and confidence building

#### **Why Join?**

Discover Phillip Island at your own pace in a supportive, social environment. Connect with peers, share experiences, and enjoy activities that strengthen everyday skills. From planning and budgeting to exploring the community, every moment is designed to align with your goals while creating meaningful memories in a relaxed coastal setting.



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For more information, visit our events tab on our website: [www.gladyandco.com.au](http://www.gladyandco.com.au), call 1300 866 474, or email: [inspire@gladyandco.com.au](mailto:inspire@gladyandco.com.au)

