



# GLADY AND CO INSPIRE **GLADY VIP** 8TH - 12TH JUNE

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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 calm, supportive setting. This experience is all about you—building independence, confidence, and connection through real-world activities. Prefer a shorter stay? Choose the dates that work best for you, and we'll take care of the rest.

### **Program Highlights**

- Local 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?**

Explore at your own pace in a welcoming, social environment. Connect with peers, share experiences, and take part in activities that build everyday skills. From planning and budgeting to exploring the community, each experience is designed to align with your goals while creating meaningful moments together.



For more information, visit our inspire programs 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)

