



## Lisa Winneke

Co founder of The Joy solution

[thejoysolution.com.au](http://thejoysolution.com.au)

### 'Body Image - What are the signs and how you can help your child heal'

Lisa Winneke is an EFT practitioner, kinesiologist and workshop facilitator acknowledged for her wisdom, compassion and vulnerability.

Her ability to engage and inspire groups and individuals to transcend their current realities comes from a place of true experience and understanding of the work required to break free from the limitations that our minds have conditioned us to believe is true.

Having suffered from anxiety, depression and an eating disorder for over 20 years, Lisa knows only too well that ALL change has to begin and end with oneself; it's the inner work that creates profound change. Becoming more aware of our feelings, and mindfully changing our thoughts and actions we create a life that feels more and more authentic and in alignment with who we really are – not someone else's version of us.

When not happily immersed in her work, Lisa can be found enjoying down time with her 3 boys and husband, meditating, exercising outdoors or reading.

Lisa is also currently writing her first book – 'When you've had enough not being enough' – to be published in 2016.

Further information:

[thebutterflyfoundation.org.au](http://thebutterflyfoundation.org.au)

[nedc.com.au](http://nedc.com.au)

[eftuniverse.com](http://eftuniverse.com)