

Georgia Holleran

Writer and Speaker



30 years

Educator

15 years

Writer

25 years

Speaker

Background

Georgia Holleran has spent her life researching how we can make the best of our time on this planet, without letting ourselves get in the way. Her background is in the arts, education, neuro-linguistic programming, cognitive hypnotherapy and a research Masters. In *The Last Self-Help Book You'll Ever Need* she summarises the best she has learned ... so far.

Main Messages

The Self-Help Industry is insidious
You can learn how to help yourself
Change is always possible

TALKS

- The Stories We Tell Ourselves
- Introduction to Parts Theory

WORKSHOPS

- Introduction to Parts Theory
- A simple framework for **self** help

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