



# PRH Australia e-Newsletter

Issue nine, December 2014

Welcome to issue 9 of PRH Australia’s e-newsletter: did you realise that October 2014 marked the two year anniversary of the newsletter? Wow, from my perspective the time has flown and I can honestly say the Newsletter team has enjoyed every minute of putting the newsletter together over the past two years (except for the odd tussle with Microsoft Word!). Thank you for coming along and being with us during this time, and with your continued support: in providing articles, photos and feedback we hope to continue for some time yet.

So what’s in this issue? ... in issue 7 of the newsletter (May 2014) we introduced you to the PRH publication “Standing up the art of existing”. The exciting news is a workshop has been developed based on the book. See page 10 for more information. In light of the workshop, and the book, we have a couple of articles with Citra and Kathie reflecting on, and analysing, their experiences of standing up in themselves.



In Community News we mark the passing of Bev Noonan by sharing her story of bringing PRH to Australia. Bev had a passion for life. She believed in the PRH process as an effective means for growth and wanted to give people this opportunity to grow.

The Upcoming workshops section includes a review of the 2015 schedule of workshops so you can start to plan your calendar and dream of the workshops you will attend.

As always, your feedback and input are greatly welcomed. I hope you enjoy this latest edition.

Debbie  
for the E newsletter team: Maud, Debbie and Zofia.

## **In This Issue**

**Editorial** ..... page 1

## **Inspired by André’s words**

by Maud ..... page 2

## **Life-giving Connections**

Introduction to the new term  
by Maud .....page 3

My sense of Belonging  
by Kathie Thomasz ..... page 3

My presentation of PRH ...  
by Citra .....page 4 & 5

## **Community news**

Bev Noonan’s story ..... page 6 & 7

## **Recent workshop**

Exploring My Childhood Past ..... page 8

My Body & My Personal Growth  
by Mea .....page 9

## **Upcoming workshops**

What you’ve always wanted to know  
about ASSERTIVENESS  
and more.....page 10

Opportunities for you ..... page 11

Schedule of 2015 workshops ..... page 12

### **PRH Australia**

Web site: [www.prhaustralia.com](http://www.prhaustralia.com) [www.facebook.com/PrhAustralia](https://www.facebook.com/PrhAustralia)

Email: [zofia@prhaustralia.com](mailto:zofia@prhaustralia.com)

## Getting Inspired by Andre's words

by Maud Briscoe-Renaud

André says:

“We learn a lot of things... however, we do not learn enough about how to live according to our being and be comfortable and happy in our own skin.”

And

“Not only must we give first place to our being, but we must also live, make decisions and act according to it. It is the only way to achieve unity in our whole personality.”

Continuing André's research to enable people's growth, PRH last year released the book “Standing up, the art of existing”.

In the book we are invited to take time, step back from our busy life and ask ourselves:

- Do I sometimes experience a “lack of assertiveness”? or an “exaggerated assertiveness”? If so, by what signs do I recognize this? What would I like to be able to do differently?
- Can I give any examples of situations where I have been appropriately assertive? What were the results?

*It is important here not to rush and answer straight from the top of your head, but to take time to connect with yourself and follow your sensation after reading the question.*

These few questions are fundamental because the aspiration to exist is central to human beings:

“Human beings naturally aspire to truly exist just as they are. As a matter of fact, our aspiration to exist is the most fundamental desire in a human being. Every child comes into the world with this vital drive to be themselves; it is as important and necessary as breathing and heartbeat.

Within each child is a natural instinct to “unfold”, to actualize their full potential even though they may not be fully aware of what that is. Existing, just as they are, is therefore deeply rooted in the very life force of a person's being.

Our aspiration to exist, and to be ourselves in all circumstances, remains a deep desire throughout our existence, since our ability to exist is linked significantly to the possibility of experiencing happiness and satisfaction in our life.”

*Extract from Standing up, the art of existing, p17. PRH International, 2013*

### What you've always wanted to know about ASSERTIVENESS

- a workshop based on the book “ Standing up ...the Art of Existing”

(3 Tuesday evenings) Feb 17, Mar 17 & April 21 6.30pm – 9.30pm

OR

(3 Saturday afternoons) Mar 21, May 23 & July 25 1pm – 4pm

For more information: <http://www.prhaustralia.com/#!relationships/c1nkw>

## Life-giving Connections

by Maud Briscoe-Renaud

One of the amazing aspects of the PRH International School of Education is the ongoing research educators do. Research can cover a new subject to be introduced in workshops (like growing in assertiveness) or refining already existing work (new training format, new translations etc...).

Here is a “fresh from the press” new translation - for English speakers - to define an important means for growth: Life-giving connections! (also known as “Life-giving relationships”)

Why are live-giving connections so important?

The being has a life of its own and needs to be nourished. One of the ways to nourish our being is having life-giving connections.

Life-giving connections include:

- Meeting with individuals
- Meeting with groups of people
- Having a specific activity (crafts/art practice, sport practice, music practice or listening...)
- Stopping and savouring (wonder in front of nature, children playing etc...)

We recognise a life-giving connection by how we feel during and after it. After a life-giving connection, we feel rejuvenated, energized, motivated to do more, deeply happy, in inner peace, complete, worthwhile...

We talk about life-giving connections because it is about the connection between the life emanating from the activity I do and my being. This connection awakens and encourages the growth of my being.

Life-giving connections are one of the first resources to reach for when facing a problem. A one-to-one session with your accompanist can be a life-giving connection.

## My sense of belonging and participation in a PRH group (a life-giving connection)

by Kathie Thomasz



I wrote this in the workshop “Finding My Place in Groups”:

My sense of belonging leads me to participate and to live my solidarity with group members. This is manifested by my participation in workshops and my prior involvement in the newsletter team. I also like to talk about PRH with others, to encourage their participation; as I have benefitted so much, I can see how others could also benefit.

### What of me lives more in a PRH group? Which needs are satisfied?

- My need to explore myself in depth can be expressed.
- My need to do this in a safe environment is met.
- My need to belong is met – all participants are there because PRH draws people who, in one way or another, feel a call to move “inwards” towards greater personal authenticity. As this is a core value of mine, this is very attractive to me.
- I feel able to be myself, warts and all. It is a place where I can unlearn all the self-editing lessons I have done over the years.
- Issues are faced, not glossed over. There is a robust but gentle honesty at work.
- Hearing the experiences of others helps me to feel less alienated.
- Sharing my own experiences helps me to be braver.

## My Experience of making a Presentation on PRH at a Conference....

(an inspiring and life-giving analysis)

by Theresia Citraningtya (Citra)

*On 12<sup>th</sup> of September 2014, I introduced PRH to approximately 50 mental health workers, mostly psychiatrists and a number of clinical psychologists in Jakarta, Indonesia at the 5<sup>th</sup> National Conference for Psychotherapy: Psychotherapy in Rapid Changing World: Strengthening Humanity through Family Therapeutic Practices. The conference ran from 11-14<sup>th</sup> September and was attended by approximately 400 participants from Indonesia. I had 10 minutes for each presentation (including discussion).*

I feel a sense of firmness in my gut, at the centre of my balance. I feel a sense this is "the right thing" for me to do. This is the right time and the right place to do it. I am ready for it. There is a sense of awareness that this material is new for the audience. I feel it to be different from what they are used to, from the usual knowledge that they "own", from what is typically presented and firmly planted in the field. I feel the sense of introducing something new. I feel a sense of care as I weave it in to what they know, placing it side by side with what is familiar to them, making it clearer, highlighting key points that I feel are important.

I feel I know what I am talking about. It is precious to me. I am sharing a part of who I am. As I present something dear to me, I feel a sense of vulnerability. I feel the need to protect myself and the baby that I am bringing out to the world. I feel I am guarding and showing it like I am holding a baby to show the world. I handle the presentation with care. I feel alone. I feel afraid of rejection. I feel an understanding of my strengths and limits. I am moved to present PRH in truth. I feel very familiar with what I am presenting, I feel at home with it. I do not doubt it. It is something I believe in. My vulnerability is my realization that not everyone may see things the way I do, let alone love it the way I do. I feel an ok-ness. It is an understanding that acceptance and love takes time and process. I do not expect all the audience to know and love it the way I do. I expect PRH to be known, and my love of it to be felt. That is adequate for me.

I feel a sense of excitement as I share my love with the world. I feel keen and eager. I feel anxious in a good way, my heart beating and my blood rushing in my body. I feel open. I am inviting. I come forward. My voice is strong. I put the cake on the table and let whoever wants to, enjoy it with me. I welcome others to my feast. I welcome whoever is interested to come forward. I am happy as people come. I wish for more people to know this delightful treasure that I am holding, that I am sharing. I am savouring it, tasting its goodness. I feel its goodness multiplying as I share it. I answer questions with eagerness. I welcome those who doubt and wonder as they engage with what is new for them.

I feel a sense of completion for now. I have placed what I know, what I love, a piece of me, on the table in front of me. It is now for others to share. I have done my job for now. I am pleased with myself. I watch others soak it in, taste it, get to know what I have been enjoying for so long, what some of them have been missing. I am happy that many seek more. I am happy to share it. I feel called to cook again, to run mini-workshops, to continue the fire, to awaken people's awareness of the beauty of their being that I see in each person in front of me, to let them flourish, to encourage others to light up the fire around them, to share the good news like flames on the candle that we hold, to help each other be the light, warm, calm and peaceful.

I feel strengthened by other people's light as I share mine. I feel a sense of being in this together, one big fire with many wicks keeping the fire burning. I feel touched. I am grateful for people's appreciation and acceptance. I am grateful for people listening and being open. I feel a melting away of fear and self-consciousness. I feel every step I take forward, standing up in who I am, helps me go further, helps me become stronger. At the moment I am walking slowly, cautiously, as I learn to tread with a candle in my hand. With time I will be running, my torch strong as my path is lit by those I have lit up along the way.

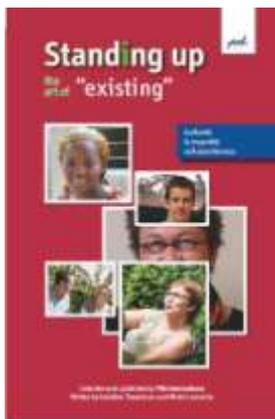
What is new: A determination that this is something I believe in. A sense of the right thing, time and place. The sense of togetherness as I share. The sense of a collective fire, helping each other burn stronger. The sense of gratitude for other people's encouraging reception and the melting away of fear of rejection and self-consciousness. The sense of calling and acceptance of the current pace as it grows. The deeper sense of inner solidity as it is expressed to the world one step at a time.

*Citra is a medical doctor midway into her training to become a Psychiatrist at the University of Indonesia-Cipto Mangunkusumo Hospital, Jakarta. She completed her Master of Women's Health at the University of Melbourne and her PhD in Psychiatry at the Australian National University, during which she participated in many PRH workshops with Zofia in Melbourne and Canberra.*

*Here is Citra with her husband and two sons.....*



## What you've always wanted to know about ASSERTIVENESS



What does it mean to be “assertive”?

Why is it sometimes difficult to be assertive?

How can we become more assertive?

The book “*Standing up...the art of “existing”*” will be your guide and a source of inspiration and encouragement.

The workshop is a practical hands-on guide, working with your own experience.

You will discover effective ways to assert yourself with confidence.

**“New Workshop!”**

The workshop is made up of three 3 hour meetings and will be offered twice in 2015:

(3 Tuesday evenings) Feb 17, Mar 17 & April 21; 6.30pm - 9.30pm

(3 Saturday afternoons) Mar 21, May 23 & July 25; 1pm - 4pm

For more information: <http://www.prhaustralia.com/#!/relationships/c1nkw>

## Community News:

### PRH in Australia

PRH was first introduced to Australia by Bev Noonan in the early 1980's, and grew and thrived through the work of a group of dedicated and passionate people.

***Bev passed away in August this year.***

We would like to remember her. Here is Bev Noonan's story....

### *Twenty-five years of preparing the way ... by Bev Noonan*

1974 ...

PRH found me without my knowing it. Working as Schools' Supervisor for the Sisters of Mercy Schools in the Diocese of Lismore, one of my responsibilities was to keep teachers up to date. Second Grade teachers, working with First Communicants, requested something on conscience. In a monthly periodical called Sursum Corda, I came across a superb little article entitled Consciences by an Abbe André Rochais. It gave me a new and most relaxed way of viewing myself and my behaviour. I couldn't wait to share it. Out of it, I made two consecutive full-day workshops for teachers. Both were well received. From then on, I waited avidly for the monthly Sursum Corda to arrive so I could assuage my own hunger for such liveable psychology and to make scrapbooks and workshops for hungry teachers. For four years I lived and breathed that "stuff".

1978...

At the same time, I was doing my masters in educational administration, and so I was offered by my Congregation, the Sisters of Mercy, two years abroad. One year for personal renewal at Gonzaga U. in Spokane and one for further academic study at the University of Washington. What a surprise waited for me in the USA! At Gonzaga, the spiritual director I chose, from the many on offer, just happened to be Sr Beatrice Maree Farrell, who unbeknown to me was a PRH educator. In my first interview with her, I told her that I was interested in a thing called PRH; that I knew it was based in Winnipeg and that I planned to visit Winnipeg and find out about it. So within a fortnight of my arriving in the States, I was participating in a WHO AM I? program.



Bev with Maureen outside the PRH office in NSW, Australia

Six weeks later, I found myself in a training program for the USA North-west PRH Educators, as Maureen McAlduff, the training educator for the English speaking world, wanted to take a look at this Australian who knew all the theory of the program but had no idea what PRH meant by analysis. I took to it like a duck to water! I spent the next two and a half years (and the money I had for other studies) doing programmes in the USA and Canada and pursuing my own growth the PRH way.

1981 - 2000

I arrived back in Australia, licensed (as we call it today) and authorised for four PRH sessions, Who Am I, Leading My Life, PRH Analysis and My Affective Relationships. I was fortunate in my "day" job as Diocesan Primary Schools' Consultant in that the then Director of Education was keenly interested in personal growth and so gave me the green light to use this "new thing I had brought home from the States" in my everyday work with schools. So, in March, the very first Who Am I? was offered to priests and principals of the diocese. Even the bishop turned up! From there, principals recommended it to parents and so it began to spread. Along with my diocesan work, I also plied the PRH trade in South Australia, Victoria and Queensland.

There are names that stand out, all of whom I was privileged to walk with in some way. Deirdre O'Sullivan, who had done her first session with me in the States and then further PRH work, had arrived home in Adelaide and she was ready to go. Margaret Bubb, who had been introduced to PRH in New Guinea, applied for a renewal year using PRH as her tool; she lived in Coffs Harbour with me. Bernadette Neville, touched by reports of PRH, was instrumental in its introduction to Victoria and eventually became an educator. Significantly, Bernadette Eckersley, who had accompanied me on my return from the States, intuitively knew what PRH accompaniment was about and so pursued her training in that area and then later into becoming an educator. The early team was completed by Stan Dobbs, Mary Quinn, Miriam Devine, and Jeannette Bubb. Jim Noonan joined Bernadette in Victoria as did Zofia Di Stefano. South Australia grew under Deirdre's auspices; over the years, she was joined by Carmel O'Reilly, Lynn Beck and Maeve Judge.

This brief resume of the early days of PRH in Australia would not be complete without my paying tribute to the Religious Orders who made it all possible. They released their personnel from previous work, supported their livelihoods and provided premises from which they could work. These Orders, to which we owe much, are the Sisters of Mercy, the Dominican Sisters, the Sisters of St Joseph of the Sacred Heart, and the Christian Brothers: to them, grateful thanks.

Today, I am delighted that this very special program lives on in Victoria, and therefore in Australia, in the person of Zofia Di Stefano.

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### Check out the PRH Face book page: [www.facebook.com/PrhAustralia](http://www.facebook.com/PrhAustralia)

Over the next several weeks we will be featuring some of the motto suggestions offered by you as part of our motto competition. Already we have posted...



This motto offered by Martine Valentine:

***"Personality and Human Relationships: The gentle art of growth and healing."***

One offered by Lee de Lang:

***"Personality and Human Relationships: the tools to transform your life."***

Also Debbie Bishop:

***"Know yourself: grow yourself."***

And Citra, from Indonesia:

***"Personality and Human Relationships: a journey into yourself."***

## Recent Workshop: *Exploring My Childhood Past*

*I have spent years doing my personal work to release a painful past and yet I feel I have achieved much more in the past 5 ½ days than I imagined possible. It has been powerful and I leave lighter and freer.*

Denise Dunbar Winton



*This workshop allows me to express where words fail. An exciting journey to unravel my past that has had a negative impact on my current state of life and allow true healing to begin. It also allows the heart of me to shine.*

Annie Ling



*Of the four workshops I have done with Zofia this one reached deepest into both my painful and my happy past giving me access to feelings I had repressed and freeing me from influences that stopped me experiencing my happy self fully.*

Laurel Johnson



*The creative elements of this workshop allowed access to a whole part of myself that I was unable to reach. Dipping into that new place is providing a path into the unknown yet needing to be released part of myself.* Judith Dunbar

*Enriching growth experience that sets me free. Life giving! Come and discover for yourself.*

Sharon



*An intense widening and the deepest digging to understand, know, reveal and release oneself.*



*I found this workshop much more positive and filled with life than I expected.* Ann



## Recent Workshop: *My Body and My Personal Growth*

### My experience of doing the workshop “My Body and My Personal Growth” by Mea



“The Road Not Taken” as described by Rudyard Kipling stays with me.

I feel as I am doing this workshop I am travelling on a road that is less taken by other people.

This road is full of question marks and yet it is there to be explored.

It is also a road that is full of satisfaction.

I travelled it. Even though the road has opportunities that are so wide, so vast, few people travel along it.

I am thankful for this opportunity, this courage, this self awareness, self-searching, curiosity to do this workshop. At the beginning of the workshop I did not have any expectations other than to learn new things about myself. And here I am at the end of the journey travelling through the work of “My Body and My Personal Growth”. It helped me a lot. I have had fun. I am full of positiveness and so aware of my present moment.

I am aware that when I have no expectation at all, I am actually putting myself into an openness – self-openness to the surrounding, to the group and to my own self. Little by little I learn new things about my potential for life. I am full of potential and ability but I hide it away and shut it down because of my expectations.

I am so impressed by my eagerness, my sense of wanting more during this workshop. Each time after writing an answer to a question, I have a feeling to share and share more. I am so open and able to share in the group! I am glad that I do.

**For me personally I think PRH is a very good program that brings me to myself.** I might not see yet what I really want in life and why I am doing PRH workshops but I have something in me telling me that this program is very crucial and it suits me.

I want to do the workshop “Being Fully Authentic” next. I feel I am weak in expressing what I want to other people. I want to be more authentic and be truly myself without worrying about other people’s expectations.

**Overall this journey is totally like “zero” to “something”.** I am so impressed!

## Upcoming workshops in 2015 on how to stand up and be yourself

### What you've always wanted to know about ASSERTIVENESS



What does it mean to be “assertive”?  
Why is it sometimes difficult to be assertive?  
How can we become more assertive?

The book “*Standing up...the art of “existing”*” will be your guide and a source of inspiration and encouragement.  
The workshop is a practical hands-on guide, working with your own experience. You will discover effective ways to assert yourself with confidence.  
The workshop is made up of three 3 hour meetings and will be offered twice in 2015:

(3 Tuesday evenings) Feb 17, Mar 17 & April 21; 6.30pm – 9.30pm  
OR  
(3 Saturday afternoons) Mar 21, May 23 & July 25; 1pm – 4pm

Click here for more information: <http://www.prhaustralia.com/#!relationships/c1nkw>

### Being Fully Authentic



In this workshop you will:  
Understand what it means to “be fully authentic”.  
Gain greater self-assurance so as to assert yourself in appropriate and creative ways.  
Have a better sense of your boundaries and limitations.  
Understand what self-respect entails.  
Learn how to experience true freedom in your relationships.

(5 days) Friday September 25 - Tuesday September 29, 2015  
Time: 9am - 5pm

Click here for more information: <http://www.prhaustralia.com/#!living-authentically/c1he>

### Being True to Myself in Daily Life



In this workshop using creative expression you will explore:  
Day to day, what do I find gives meaning in my life?  
How do I deal with certain events and situations in my life?  
What is my place and role in society?  
Where do I perceive a lack of meaning in my life?  
What are the places, groups, and persons where I live authentically in my life?

(5.5 days) Friday Nov 13 - Wednesday Nov 18, 2015  
Time: 9am - 5pm (1pm - 4pm on Friday Nov 13)

Click here for more information: <http://www.prhaustralia.com/#!creative-expression-for-growth/c1jw9>

## WANTED

A HOUSE IN THE COUNTRY FOR 5 DAYS TO RUN A PRH WORKSHOP.

NEEDS TO ACCOMMODATE 5 TO 6 PEOPLE.

## WANTED

A GROUP OF 5 TO 6 PEOPLE WHO WOULD LIKE TO STAY IN A HOUSE IN THE COUNTRY FOR 5 DAYS FOR A PRH WORKSHOP.

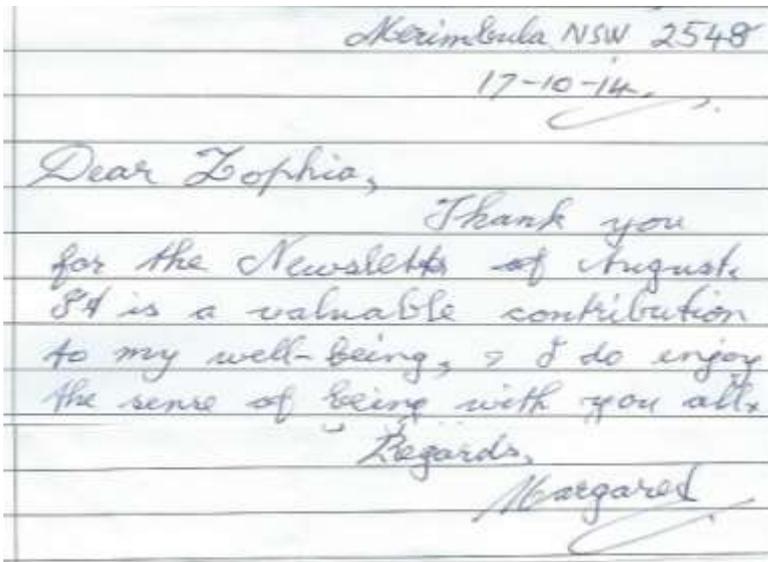
Contact Zofia: [zofia@prhaustralia.com](mailto:zofia@prhaustralia.com)

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## Holiday Reading

Check out the past issues of the PRH Australia e-newsletter

As we always tell you: we LOVE receiving your feedback!  
Here is a letter we received from Margaret:



If, like Margaret, you have enjoyed the newsletter over the past two years why not click on this link:

<http://www.prhaustralia.com/#!newsletter-archive/cdhz>

to have another read through the newsletters... for your holiday reading pleasure: whether in Australia on a sun lounge, or by a roaring log fire in the Northern Hemisphere, you could perhaps re-do some of the guidelines for personal analysis...



*And to whet your appetite for the coming year see the following page for the 2015 schedule of PRH workshops and programs in Australia .....*

| Date   | Name of Workshop   | Time  | Venue           | Fees  |
|--|--|---|-----------------|---|
| Jan 11   | Meditation Retreat   | 9.30am –<br>4.30pm                                | Mt.<br>Waverley | \$140   |
| Feb 15, Apr 19, Jun 21,<br>Jul 19, Aug 16,<br>Sep 20 & Oct 18<br>(Monthly Sunday Meetings) | Personal Methodical<br>Growth Program<br>(Setting Personal Growth<br>Objectives) | 1pm – 4pm<br>(First & last meetings<br>9am – 5pm) | Mt.<br>Waverley | \$405   |
| Feb 17, Mar 17 &<br>April 21<br>(3 Tuesday evenings)                                       | What You've Always<br>Wanted to Know About<br>Assertiveness                      | 6.30pm –<br>9.30pm                                | Mt.<br>Waverley | \$210<br>(\$180 conc.)<br>Includes the book<br>"Standing up ..the<br>Art of Existing" |
| Mar 21, May 23 &<br>July 25<br>(3 Saturday afternoons)                                     | What You've Always<br>Wanted to Know About<br>Assertiveness                      | 1pm – 4pm   | Mt. Waverley    | \$210<br>(\$180 conc.)<br>Includes the book<br>"Standing up ..the<br>Art of Existing" |
| Feb 26, Mar 5, 12,<br>19 & 26<br>(5 Thursday evenings)                                     | Learning How to Meditate   | 7pm – 8.30pm                                      | Mt.<br>Waverley | \$180   |
| March 14 & 15<br>(Weekend)   | Growing In Personal<br>Solidity  | 9am – 5pm   | Sydney,<br>NSW  | \$285<br>(\$230 conc.)  |
| April 6 - 10<br>(5 days)   | Listening to the Messages<br>of My Body  | 9am – 5pm   | Toorak,<br>VIC  | \$580 - \$380   |
| May 2 & 9<br>(Saturdays)   | Fostering My Child's<br>Natural Potential  | 1pm – 4pm   | Mt.<br>Waverley | \$150<br>(\$130 conc.)  |
| May 15 – 18<br>(4 days)  | Making Good Decisions  | 9am – 5pm   | Mt.<br>Waverley | \$520 - \$320   |
| July 7 - 11<br>(5 days)  | Exploring My Inner World   | 9am – 5pm   | Mt.<br>Waverley | \$580 - \$380   |
| Aug 22 & 29<br>(Saturdays)   | Fostering My Child's<br>Natural Potential  | 1pm – 4pm   | Mt.<br>Waverley | \$150<br>(\$130 conc.)  |
| Sept 25 – 29<br>(5 days)   | Being Fully Authentic  | 9am – 5pm   | Mt.<br>Waverley | \$580 - \$380   |
| Nov 13 – Nov 18<br>(5.5 days)  | Being True To Myself in<br>My Daily Life   | 9am – 5pm<br>(1pm – 4pm on<br>Nov 13)             | Toorak          | \$600 - \$400<br>Includes all Art<br>Materials  |
| Nov 20 – 24<br>(5 days)  | Understanding Myself In<br>Depth   | 9am – 5pm   | Mt.<br>Waverley | \$580 - \$380   |
| Nov 27 – Dec 1<br>(5 days)   | Committing Myself to Inner<br>Healing  | 9am – 5pm   | Mt.<br>Waverley | \$580 - \$380   |

*Payments are calculated on a sliding scale according to one's income. The top end of the scale is for full-time employed individuals, and fees decrease for part-time employed, students or unemployed. To discuss concessions or negotiate fees, please contact Zofia on (03) 9807 8351 or email: [zofia@prhaustralia.com](mailto:zofia@prhaustralia.com)*