



## **MEDIA RELEASE**

**Tuesday February 20, 2018**

### **THE RELATIONSHIP MEXICAN STANDOFF – WHO GOES THERE FIRST?**

Internationally renowned relationship experts, Annette Baker and Gabrielle Caplice presented an engaging and thought provoking workshop to over 120 women in Brisbane on Sunday 18 February on “Getting Real in Relationships”.

The audience, comprising women of all ages and backgrounds, were called to consider relationships and intimacy through a different lens – that is, intimacy being the development of a connection to your innate and divine qualities and sharing them with the world without shame or fear.

The presentation was a catalyst for robust discussion amongst attendees as they workshopped what stops us as women from developing a deeper connection to the real us and sharing these uniquely beautiful qualities with the world. Attendees were then challenged to look at how we can change our patterns and behaviours to let more of our true essence shine in all that we do.

“There’s no need for a Mexican stand off when it comes to relationships. We have to show ourselves first, irrespective of what we receive back. We often want proof of love but we have to be the evidence of that love,” said Ms Baker as part of the day’s presentation.

“It’s important as women that we are leaders in this space and show our divine and true natures so that others know that it’s ok to be them too. So many people are walking around hurt and afraid of being hurt. Building trust in our relationships is also important for intimacy and this comes first from a trust in ourselves,” Ms Caplice added.

The dynamic duo also presented that getting real in relationships needs to also be about having the tough conversations – challenging our relationships and discussing what’s really going on, but always from a place of loving understanding.

Workshop attendee and wellness coach, Trish Keyte shared, “my key take away from the workshop is to remember to champion my true essence and trust my wisdom.”

Tracy Aisbett, a high school teacher, said of her experience, “I will now start to appreciate my divine qualities and bring them to everyone equally”.

The presenters are partners in both life and their committed work as relationship counsellors, collaborating as a couple with other couples, groups, singles and families.

The Women in Livingness event series addresses relationships, intimacy and many other pertinent topics facing women today.

**-ENDS-**

**Media Enquiries:** To arrange an interview please email Megan Cairnev at

**Background:**

Esoteric Women's Health is a collaboration of global complementary health practitioners, allied health professionals and everyday women who are dedicated to offer services, products and events that provide the foundations for self-caring lifestyles choices, to support women to have the opportunity to restore true health, well-being and empowerment. Visit: [www.esotericwomenshealth.com](http://www.esotericwomenshealth.com) to find out more.

# *Esoteric Women's Health*

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## HEALTH FROM WITHIN

**Photos:**

1. Annette Baker and Gabrielle Caplice – speakers at the Women In Livingness workshop



2. Attendees engaging in the Women In Livingness workshop, 18 February 2018

