



Warida
Wholistic
Wellness



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Bianca Stawiarski, a proud Badimia (Australian First Nations) and Ukrainian woman, is a centred and purpose-driven healer, mental health and Indigenous Healing practitioner, facilitator, coach, international co-author / author, change maker and international speaker.

Bianca is the founder of international Indigenous social enterprise, Warida Wholistic Wellness. She's dedicated to healing through a First Nations lens, improving mental health, Indigenous Healing practices and economic empowerment through entrepreneurship. Her approach integrates her innate Indigenous knowledge, knowledge of healing combined with entrepreneurship to empower women and communities. Bianca is recognised for her work in shifting away from western medical models of dysfunction, instead focusing on healing outside of four walls. Part of this approach embraces the ethos of: **gudu-guduwa** (coming together) through **ngardi Guwanda** (listening, feeling, thinking strongly), **relationship**, and **connection**.

Bianca's PhD research explores whether a local community-led circular research model can positively contribute to the outcomes of women's empowerment programs for entrepreneurship. Bianca hopes that the outcomes from her 'We hold our own Answers' research will empower First Nations communities to choose their own paths.

A published author and international multiple award-winning entrepreneur, she's committed to creating community change.

Scan QR code to learn
more about Bianca and
Warida Wholistic Wellness



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