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MOANA ROBINSON

Sharing

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If you take care of each other and practice self-care to be the best you can, together you'll be a force to be reckoned with.

BY SUSANNAH

Personal sty Moana Robinson, f 'glow from on their col she also he hypnothe: their very t Practitione individual

Moana has g experiences, health issues others throu empathy an been there. learned hov relationship this wisdom 2015 with rr cysts, Moar Cyprus anc rehabilitati caring husl through tv 'My husba as a team some real them pret balls". Bc surgeries for me ar best care determin been ab

I am proud of the fact that we have worked at everything including our relationship to come out the other side. We now have valuable experience and are proof that love conquers all." We asked Moana about how they handled the inevitable disagreements. She was honest. "We grew through our disagreements. We learned through our heartbreaks and we are now wise from experience. Because of our "busy-ness" we didn't stop and take notice. We pushed things aside and took a lot for granted. There is a successful way to communicate and nurture a relationship. Disagreements need to be talked about and worked through", she explained. "Relationship are like silver or gold. When you first get together in a relationship everything is shiny, sparkly and new. After a while, if left unpolished like silverware it can become a little dull. You need to keep checking in, take the time to polish and give that relationship some loving care. While polishing, take a look at your own reflection too and make sure that what you are expecting from your partner, you are also doing yourself." And the secret to a good marriage? Her advice is to make your intimate relationship "the main game". If you take care of each other and practice self-care to be the best you can, together you'll be a force to be reckoned with.

Empowering You to become the best version of yourself

We asked Moana for five tips for YMag® readers to maintain great relationships in their lives:

1. COMMUNICATE honestly and openly.
2. EACH PARTNER SHOULD SPEND TIME WORKING ON THEMSELVES so that they can be the best they can be for themselves and for each other.
3. EXPRESS CONCERNS, SAY HOW YOU FEEL, WHAT MAKES YOU FEEL THAT WAY AND EXPRESS WHAT YOU NEED. Your partner needs to understand what you have expressed and be able to have his or her say also. It is important to really listen and take notice.
4. SHARE EXPERIENCES and have fun together. Create memories together.
5. GROW TOGETHER. A healthy relationship is like a capital "H" - two strong individuals with all life's events between them. A very healthy relationship is it's the same thing growing upw

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