

# GLENIS, GLENIS WILKINSON YOGA & MEDITATION



GLENIS, SISTER SINCE 2017

“Global Sisters has over-delivered. I thought support would drop off after Sister School, but I have learned so much about how to structure my business, look at the income that doesn’t depend on me teaching a class, and even how to use technology to help my branding.”



22 months engaged

After a marriage breakdown and the trauma of losing her son, Glenis was unemployed and at risk of homelessness. Loss of financial security as a result of divorce, unstable employment, being a single mother or older woman and housing unaffordability are all factors that, when combined, lead to poverty and homelessness in Australia (Homelessness Australia, 2013).

As a resident of Brisbane’s Housing Company, Glenis had the stability needed to rebuild her life. Through Deb Jones, Business of Hope at Common Ground, Glenis was introduced to Global Sisters and received the support needed to turn her yoga qualification into a career that she is passionate about. Glenis provides yoga and meditation in beautiful places and has a focus on people suffering from trauma and mental health problems.

Follow Glenis’s business journey at:



## How Global Sisters is making a difference

After landing on her business idea in the My Big Idea workshop in May 2017, Glenis put the foundations of her business in place during Sister School and launched her yoga and meditation services soon after.

Glenis was able to move the business to early growth stage with the support of the Global Sisters Accelerator Lead, Strategic Coach and one-on-one business coach.

Glenis bravely told her story and pitched for pro bono support and funding at the inaugural Sister Pitch in Sydney in November 2018.