

List of Speaking Topics

Guest Speaker + Speaker at Events



The following List of Speaking Topics is offered by Cheryl Garson - ABN: 26 441 841 334 trading as *Stella Hacienda* with the service rendered as a Guest Speaker or for Speaking at Events.

Cheryl Garson is happy to speak in-person at gardening events, local agriculture shows, folk festivals, pagan gatherings, sustainable living fairs, and wellbeing expos. Each talk is approximately 45 to 60 minutes in length - but can be shortened or expanded as needed. Cheryl can also tailor her Topics, if necessary, if there is a specific 'theme' for the event / festival, and alter her presentation styles to meet the specific needs of the audience.

So, if you're interested in booking an experienced speaker willing to inform and inspire people, please contact Cheryl via:

- the *Stella Hacienda* website page; or
- email > enquiries.stellahacienda@gmail.com

Urban Homesteading Topics

Homesteading – An Introduction

Cheryl will present a speech about Homesteading. This Topic is for people new to the idea and wish to learn more about the homesteading practice. Cheryl will mention the skills necessary to practice homesteading and its benefits to the individual and their family, local community, and the surrounding area. This Topic is suitable for everyone - of all ages, gardening abilities, and skills.

Urban Homesteading In A Rental Property

Cheryl will present an informative speech which will greatly assist people how are currently living in rental properties but dream of practicing homesteading. Cheryl will provide useful advice and clever ideas to grow food, compost, preserve harvests, and make products while living in temporary accommodation. This Topic is suitable for everyone - of all ages, gardening abilities, and skills.

DIY Housecleaning Products & Home Remedies

Cheryl will present an informative speech (along with some useful recipes) in which the audience will learn to easily make their own effective household cleaning products and home remedies. This talk may help the audience to reduce their dependence on supermarkets and keep more money in their pockets. This Topic is suitable for everyone - of all ages, abilities, and skills.

Lykke & Hygge – Danish Lesson For A Simple Happy Life

Cheryl will present an important speech whereby the audience will re-evaluate their lifestyle choices. She will introduce the concept of Lykke & Hygge – a practice which that Danes have done for centuries & why they are renown to be happy and content with life. Cheryl will inform people of simple acts to adopt & hopefully improve their daily life and wellbeing. This Topic is suitable for everyone - of all ages, abilities, and skills.

LETS System – An Introduction To Community Trading

Cheryl will present a beneficial speech about the Local Enterprise Trading System (LETS). She will inform people about the structure, criteria, operation of LETS, and the online trading version called Community Exchange System (CES). Cheryl will also mention the benefits of LETS for the individual and the local community. This Topic is suitable for everyone - of all ages, abilities, and skills.



Gardening Topics

Moon Planting – An Introduction

Cheryl will present an interesting speech about the ancient Celtic agricultural practice of Moon Planting. She will explain the reasoning behind this gardening method and detail the phases of the Moon and its influence on plant growth. Cheryl will also list which gardening tasks are best to do during certain phases of the moon – and why. This Topic is suitable for everyone - of all ages, gardening abilities, and skills.

Moon Planting – Harnessing The Moon, The Sun, & The Stars (Advanced)

Cheryl will present an informative speech delving into the Zodiac characteristics and their influence on garden practices. Cheryl will also guide the audience in interpreting an Astrology Chart (in current time) and how it can be applied to gardening tasks throughout the year so to achieve good growth and harvest. This Topic is suitable for practicing Moon Gardeners (or curious people) who have a basic understanding of Moon Planting, the Zodiac, and ability to interpret Astrology Charts.

Indigenous Plants & Gardening Methods Of The Ancient Mayans

Cheryl will present an interesting speech regarding the indigenous plants, fruits & vegetables of Central America which have now become a modern household pantry staple. Tapping into her own Mayan & Spanish heritage, Cheryl will also explain various ancient agricultural methods of the Mayans which are still practiced today and relevant for modern sustainable gardening techniques. This Topic is suitable for everyone - of all ages, gardening abilities, and skills.

Plantings & Gardening Activities To Attract Pollinators To Your Backyard

Cheryl will present a beneficial speech whereby the audience will learn to easily maximize their gardening activities & food harvests by developing a gorgeous garden with year-round interest to attract bees, birds, & other pollinators. This Topic is suitable for everyone - of all ages, gardening abilities, and skills.

Pagan Plantings To Grow & Use For Rituals & Sabbats

Cheryl will present an informative talk about symbolic, healing, and easy-to-grow plants that are necessary to use for pagan rituals and Sabbats. Whether living on a large rural property, residing in a rental apartment, or travelling in a caravan, Cheryl will advise the audience about simple but effective gardening methods to grow and maintain a small pagan garden throughout the entire Wheel Of The Year. This Topic is suitable for practicing pagans (and spiritually curious people) - of all ages, gardening abilities, and skills.

Sustainable Living Topics

Sustainable Living – Simple Ways To Reduce Your Carbon Footprint

Cheryl will present a beneficial speech which advises the audience in ways to live sustainably and reduce their carbon footprint. Sustainable living means adopting practices that help the planet. These practices match the *United Nations' Sustainable Development Goals* - which aims for environmental protection, saving energy, minimising waste, reducing emissions, social fairness, and economic growth. This Topic is suitable for everyone - of all ages, abilities, and skills.

The Nine Mantras To Reduce Waste

Cheryl will present an important speech in which the audience can easily incorporate into their daily lives. She will focus on consumer waste – and ways to dramatically reduce items going to landfill. Cheryl will list the Nine Mantras To Reduce Waste and explain the simple yet effective methods to achieve a substantial reduction in household garbage. This Topic is suitable for everyone - of all ages, abilities, and skills.

Nature Therapies Topics

The Benefits Of Forest Bathing & Eco-Therapy

Cheryl will present a speech about the benefits of Forest Bathing (or shinrin yoku in Japan) as a means to slow down, de-stress, and disconnect with the digital world while being immersed in nature. Cheryl will also talk about using Eco-Therapy as a therapeutic approach to improving mindfulness and psychological wellbeing in people. This Topic is suitable for everyone - of all ages, abilities, and skills who wish to improve their health and wellbeing.

Holistic Integrated Creative Arts Therapies Utilising Nature

Cheryl will present a informative speech whereby the audience will learn about the impact of Holistic Integrated Creative Arts Therapies combine with nature. Cheryl will comment about the improved mental health impacts and wellbeing of clients and ways this therapeutic process could be incorporated into health care practice. This Topic is suitable for holistic health professionals and therapists interested in learning more about natural therapies.

Horticulture Therapy

Cheryl will present a speech about Horticulture Therapy, its benefits, and how it can be effectively applied to the disability, aged care, hospital, mental health, and childcare sector. This Topic is suitable for mental health professionals, counsellors, disability support workers, aged care workers, childcare workers, and therapists interested in learning more about natural therapies. No previous gardening knowledge or skills needed to attend this Topic.

About Cheryl Garson

Cheryl Garson is an owner of a small regional business which promotes the tradition of homesteading, sustainability, nature therapies, and clean living. She is determined to educate people to join the movement towards a healthier, sustainable, and a greener future.

Raised in Toowoomba on the Darling Downs, Queensland, Cheryl has been exposed urban homesteading practices, sustainable living methods, and conservation activities from an early age. Throughout Cheryl's life, she has strived to maintain a connection with nature whether it be family camping trips, birdwatching field days, bush walks, or nature art journalling. Cheryl has regularly volunteered and participated in Citizen Science Projects, revegetation planting days, conservation fundraising, and wildlife protection campaigns. Cheryl has also spent some time volunteering as a Horse Handler for the Riding for the Disabled Association.



Cheryl has a permanent disability - a closed-head Traumatic Brain Injury (TBI) which she obtained in 2004. Determined not to be defined by her disability, Cheryl created *Stella Hacienda*. This business has provided her with a wonderful opportunity to educate the public about Urban Homesteading; and help people reconnect and be nurtured by the therapeutic qualities of gardening, home cooking, sustainable living, and creative therapeutic pursuits amongst nature. After many years of study, Cheryl is a qualified....

Horticulturalist | Meliponiculturist | Aromatherapist | Eco-Therapist

Permaculture Practitioner & Design Consultant | Art & Music Teacher

Holistic Integrated Creative Art Therapist | Trainer & Assessor