



About the Author

Amelia Donnelly

Amelia is passionate about helping others. Over the last eight years, she has been a full-time primary school teacher, dedicated to engaging and motivating students to achieve their full potential.

Amelia's love of wellbeing, resilience and mental health, is born from personal experience. When she was halfway through Year 12, her older brother was tragically hit by a car and killed. Since then, she's committed herself to personal growth and healing. While there is no closure, there is realisation that life continues and the journey is beneficial and worthwhile.

Travelling to India, meditating, practising yoga and attending lectures with leading experts in health and wellness, have all been avenues to positively manage stress and live a fulfilling life.

Amelia has completed training in Positive Education at Geelong Grammar, Mindfulness Teacher Training with Dr Craig Hassed at Monash University, achieved her Level 3 Reiki Master certification and dedicated two years to studying Vedic philosophy. She has also participated in a Vipassana Course and wrote mindfulness curriculum for the Resilience Project School's Program.

Amelia is committed to taking action and supporting others through challenging times. The Golden Thread is her gift to share with others. This book celebrates the power of love, connection and celebrates what makes us uniquely human.