

# PROFILING YARRA JUNCTION BUSINESS



A Mail Newspaper Advertising Feature

## New foundation director

**By Monique Ebrington**

HELEN NIKOLAS has joined The Gawler Foundation as Therapeutic Director, taking over the reins from organisation founder, Dr Ian Gawler OAM.

In announcing the new appointment, Gawler Foundation Chief Executive Karin Knoester commended Ian on the significant contribution he had made to the field of Mind-Body Medicine.

"Ian has worked tirelessly to help many thousands of people dealing with cancer and other serious illness since 1981," she said.

"The Therapeutic Director's position demands a lot in terms of administration and Ian has decided after nearly 30 years in the role to take a step back. He will still, however, be involved in delivering our programs this year."

Helen Nikolas comes to The

Gawler Foundation as a well-qualified and practiced leader and therapist. She holds a Bachelor of Science in Dietetics and is an Accredited Practising Dietitian. Following a Masters in Primary Health Care, she is working toward a Doctor of Public Health.

Helen is a tai chi instructor, a registered Massage Therapist and a Fellow of the Australian College of Health Service Executives. She has held senior roles with a variety of organisations including the Royal Adelaide Hospital, the Health Promotion Strategy Unit with the Northern Territory Government and Peninsula Health.

"When I read the advert in the paper I think my heart jumped a little," she said. "I saw a role that combined my knowledge and experience in health care with my history and belief that meditation and spirituality have a strong connection to health and

well-being.

"To bring that side of myself and those values into my daily work is an absolute gift. I feel humbled at the opportunity to learn from Ian and to work with people who really do make a difference in the lives of others," Helen said. Dr Gawler feels the time is right to make the move and believes Helen comes with an ideal background for the position.

"While there is no doubt she is stepping into a challenging shoe, I am confident she is the ideal person to help guide the foundation through this next phase," Ian said. "The foundation will benefit from fresh input and both the stability and change I expect Helen to bring."

The Gawler Foundation today employs around 50 full and part-time staff and through their lifestyle-based self-help programs have helped many thousands of people since 1981.



Founder Ian Gawler and Gawler Foundation CEO Karin Knoester welcome new Therapeutic Director Helen Nikolas. 33641

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