



THE CHANGE ROOM

**HEALTH, WELLBEING
& RESILIENCE PROGRAMS**

2020 SERVICE
PACKAGE GUIDE



CHANGE CAN BE DIFFICULT, BUT WITH THE RIGHT TOOLS IT CAN BE TRANSFORMATIVE

Through evidence-based, fun, and interactive sessions, The Change Room Mentors have helped thousands of people prevent and overcome health setbacks, illness, and injury. They have been responsible for life-changing improvements, from improved mental illness symptoms, reducing chronic pain, dependence on pain medication, to increased resilience and performance.

The Change Room Programs are holistic wellbeing programs that build participant's physical, mental, and emotional resilience. Participants receive practical tools to manage their health and improve healing, with cutting-edge techniques the mentors have used with world champions, high-performance athletes and teams, and business leaders.



We believe in making education FUN and all The Change Room Programs are backed by science and delivered in a safe and friendly environment.

The Change Room Programs are available either in a face-to-face group format through The Change Room LIVE programs, or via our online platform, The Change Room CONNECT.



THE CHANGE ROOM LIVE FOUNDATION PROGRAM

Programs designed for individuals recovering from injury through 2 x full day face-to-face sessions delivered at iconic venues around NSW. This program stimulates healing both physically and psychologically, improves mental health and inspires participants to find new purpose.



WELLNESS & LIFE DESIGN COACHING

Experienced and qualified Wellness & Life Design Coaches support participants to maintain the momentum gained from The Change Room programs. Coaching is informed by a positive psychology framework; supporting the development of new habits that will improve participant wellbeing.



THE CHANGE ROOM SUPPORTERS DAY

Research shows that change is more sustainable with buy-in from support networks. The Supporters Day provides participants with an opportunity to share their experience with a support person and improve their likeliness to succeed in long-term improvements.



FUTURE YOU CAREERS WORKSHOP

A 1-day workshop available face-to-face or through the online platform designed to provide participants with the guidance and practice skills to support their transition back to meaningful and sustainable work.



THE CHANGE ROOM CONNECT 6-WEEK RECOVERY PROGRAM

Online programs designed for individuals recovering from injury through 6 weeks of interactive live webinars and support resources and content. This program stimulates healing both physically and psychologically and inspires participants to find new purpose.



THE CHANGE ROOM ELEVATE MENTAL HEALTH + LEADERSHIP = WINNING CULTURE

The Change Room Elevate corporate program takes a sports science approach to build capacities across physical, mental and emotional health which improves workplace culture and productivity.



HOW THE CHANGE ROOM CHANGES LIVES

THE MENTORS

At The Change Room, sessions are delivered by the highest level of inspirational and educational mentors, including elite athletes, high-performance coaches, academics and business leaders.

The Change Room Mentors have helped thousands of people overcome poor health and injury through life-changing improvements. They are experts at bouncing back, whether it is helping people they've just met, or recovering from their own physical trauma and illness.

Their healing and resilience techniques are backed by science and formulated from successes with world champions and business leaders. They are passionate about sharing their knowledge and helping others improve their mental health and quality of life.



THE 8 FOUNDATIONS

The Change Room operates from a base of 8 Foundations that contribute to wellbeing and improved mental health. Each of the mentors deliver evidence-based information with practical and easy to implement tools relating to one of more of the Foundations. Participants are encouraged to improve their wellbeing by focusing on positive behavioural change relating to the 1 or 2 Foundations that are currently most important to them.

THE COMMUNITY APP

The Change Room programs provide participants with an opportunity to be involved in an informative and safe community whereby participants can continue to implement positive change in their lives.

The Change Room Community App allows participants to stay connected after their program through a safe environment where they can ask questions, share their success stories, and continue to have access to the program resources and support materials.

Wellbeing surveys are sent weekly to participants via the app. The surveys measure ongoing mental health improvements in relation to The Change Room program and The 8 Foundations. De-identified survey data is provided to The Change Room partners at The Australian Catholic University and used for an independent analysis of the programs long term wellbeing and mental health outcomes.





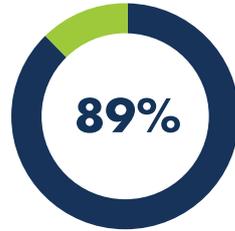
96% of participants said The Change Room programs are valuable and easy to understand.



98% of attendees say they experienced changes in their life.



94% of participants improve their wellbeing to the point that they are keen to return to work.



89% of participants would highly recommend the Change Room to a friend or colleague.



The Change Room does change lives. They showed me how to use food and exercise to heal. I've lost 30 kilos and no longer need a cane to walk with. I have got a permanent smile on my face and there is no dark hole underneath. I can't thank The Change Room enough for the tools I've been given.

I cannot believe the changes that I have seen in (my client) in such a short period of time. They are so much more optimistic about their future which has been such a relief to see. I am so happy they were willing to attend The Change Room.





THE CHANGE ROOM LIVE FOUNDATION PROGRAM

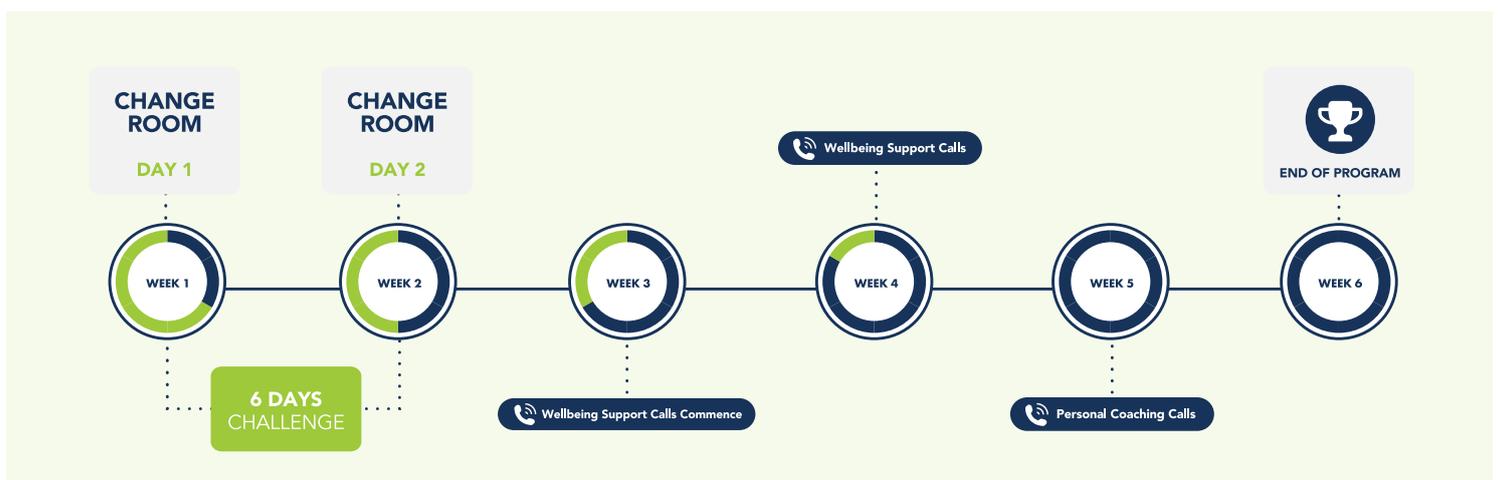
A face to face Health, Wellbeing & Recovery Program with internationally renowned Mentors.

The Change Room Program provides participants with multi-level intervention targeting the elevation of physical, mental and psychosocial capacities. These three levels come together to motivate participants to re-engage with their purpose in life.

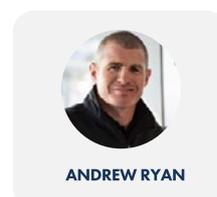
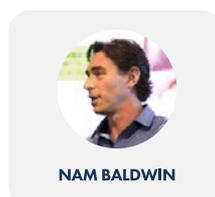
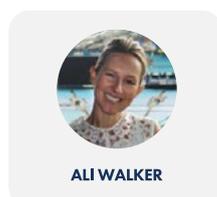
Programs are delivered in iconic sporting stadiums around NSW that provide a unique and inspiring learning environment.

The Change Room Live is backed by science and delivered in a fun and practical learning environment that provides participants with life long, sustainable and easy to apply tools to assist with recovery and improve health and wellbeing. Finding new purpose comes with elevated wellbeing and for some participants that new purpose leads to avenues to return to employment.

TIMELINE OF EVENTS & ACTIVITIES



FEATURING THE CHANGE ROOM MENTORS



& MORE SPECIAL GUESTS

The Change Room Live includes two days of interactive and influential face-to-face sessions where participants meet and hear from The Change Room Mentors as they provide them with new tools to manage their health, so they can navigate the current challenges of recovery, uncertainty, and stress.

We deliver a unique experience and reassure participants that they are not alone in their journey to recovery. Participants are imparted with practical tools to help them find a better way and make positive changes to their lives. We cater for all levels of injury, providing options to sit, stand or lay down.

The Mentors are experts at bouncing back, as they have experience with supporting and/or overcoming serious physical trauma, illnesses, or personal setbacks. Participants gain healing, recovery, and resilience techniques we have developed with world champions and business leaders.

The Change Room Live is a practical way to improve recovery, health and wellbeing using The 8 Foundations. Participants will receive 2 x wellbeing support calls from one of our Wellness & Life Design Coaches. The purpose of these calls is to support participants to begin the process of behavioural change that will improve their wellbeing.

The Change Room Community App contains program content and resources as well as access to Mentors and Change Room staff allowing participants to manage and sustain health and wellbeing improvements over time.

COURSE INCLUSIONS

- 2 days of face-to-face live sessions with The Change Room Mentors at iconic venues
- Participant Welcome Pack
- Takeaway grass-fed & chemical-free Food Pack (Valued at \$150+)
- 6 weeks of wellbeing content, including bonus podcasts, videos, and challenges with mentors.
- 2x Wellbeing support calls
- Breakfast & Lunch provided

PROGRAM OUTCOMES

- Stronger, more consistent sleep patterns
- Reduction in medication dependency
- Reduced pressure on injuries through weight management
- Improved social, emotional, and mental wellbeing
- Increased engagement in other treatment and treating practitioners.
- Motivation to commit to long-term wellbeing improvements
- Minimizing the risk of secondary health conditions such as diabetes, depression, anxiety & migraines

SPECIAL FEATURES

- Option to bring a support person along to experience the program together and improve long-term successful outcomes
- Health device (Fitbit), stretch band and workbook provided
- Bonus resources from high-performance experts
- Ongoing support through The Change Room Community App

SUITABLE FOR

- Individuals dealing with an injury on an insurance claim
- Sufferers of psychological or physical illness because of an injury, incident, or accumulated trauma
- Sufferers of pain because of an injury
- Individuals experiencing minimal improvements in their healing process
- Individuals who are open-minded and looking for a change
- Individuals living with chronic illness

PROGRAM COST: \$5,000 + GST





THE CHANGE ROOM CONNECT

6 WEEK RECOVERY PROGRAM

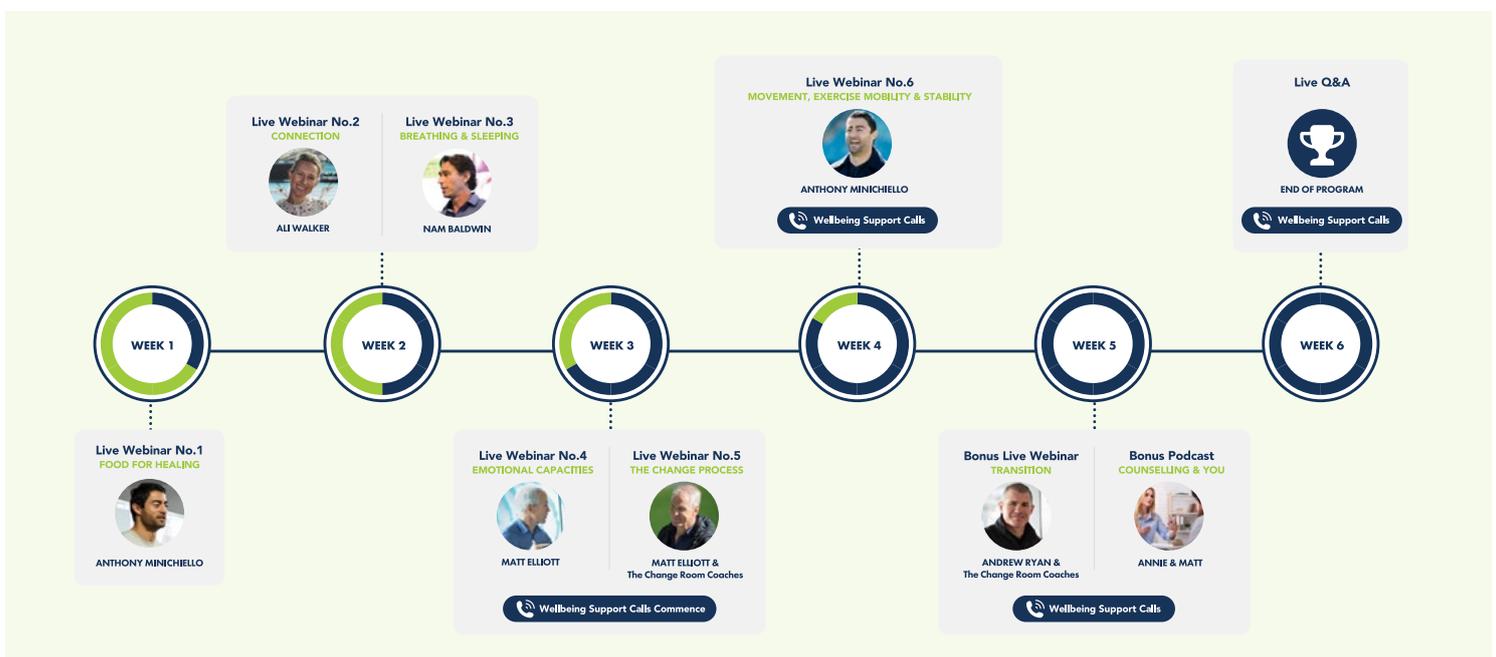
Online Health, Wellbeing and Recovery program with internationally renowned Mentors.

The Change Room Connect is our online learning platform. We have taken our award winning Change Room Live Foundation Program and made it available in an online environment that is fun, engaging and interactive.

This program is ideal for people who are recovering from injury or illness who are based in regional areas or have psychological injuries and feel uncomfortable being in external environments or have physical injuries and are unable to travel. The program provides new tools to improve mental health so participants can navigate the current challenges of self-isolation and uncertainty.

The Change Room Connect is backed by science and is delivered in a fun and practical learning environment that provides participants with life long, sustainable and easy to apply tools to assist with recovery and improve health and wellbeing.

TIMELINE OF EVENTS & ACTIVITIES



The 6-week program is an online journey that improves the health of participants, on a physical, mental, and emotional level. It is about giving people with injuries new tools to manage their health, so they can navigate the current challenges of self-isolation, uncertainty, and stress.

The Change Room provides a unique experience and encourages participants to understand that they are not alone in their recovery. Participants leave with practical tools on how to make changes in their lives.

Our Mentors are experts at bouncing back, as they have experience with supporting and/or overcoming serious physical trauma, illnesses, or personal setbacks. Participants will receive healing, recovery, and resilience techniques we have developed with world champions and business leaders.

The Change Room Connect imparts practical tools to improve participants health and wellbeing using The Change Room 8 Foundations. Participants will receive 2 one on one Wellbeing & Life Design coaching phone calls post program.

Live webinars, on-demand content and our Community App allow participants to manage their wellbeing from the comfort of their home.

COURSE INCLUSIONS

- 6 weeks of interactive live webinars
- Participant Welcome Pack
- Live Q&A with Coaches & Mentors
- Interactive challenges with Mentors
- 2x Wellbeing support calls

SPECIAL FEATURES

- Access to the Online platform and downloadable resources for 12 weeks.
- Ability to watch live with the whole family
- Health device (Fitbit), stretch band and workbook provided
- Bonus resources from high-performance experts
- Ongoing support through The Change Room App

PROGRAM OUTCOMES

- Improved physical health including
 - stronger more consistent sleep patterns
 - reduction in medication dependency
 - reduced pressure on injuries
 - minimizing the risk of secondary health conditions such as diabetes, depression, anxiety & migraines.
- Improved mental health
- Improved Human connection

SUITABLE FOR

- Individuals dealing with an injury on an insurance claim
- Sufferers of psychological illness because of an injury, incident, or accumulated trauma
- Sufferers of pain because of an injury
- Individuals experiencing minimal improvements in their healing process
- Individuals living with chronic illness
- Individuals in remote and regional areas or with higher levels of anxiety about being in groups.
- Individuals with physical injuries and are unable to travel

PROGRAM COST: \$2,850 + GST





WELLNESS & LIFE DESIGN SERVICE PACKAGE

Wellness & Life Design Coaching is a supportive, non-clinical framework that facilitates the achievement of goals related to The Change Room 8 Foundation behaviours through encouragement and accountability of the participant.

Focusing on 1 or 2 of the 8 Foundations, participants are coached over three months to make sustainable behavioural changes that will enhance their wellbeing and improve their capacity to work.

Coaching moves the focus beyond injury and provides non-clinical, future focused wellbeing and post return to work support.

Who is suitable for this service?

Participants who have completed a Change Room Foundations Program (Live) or Change Room Connect Program (Online). To ensure a successful and supportive learning opportunity is provided, the participant must demonstrate the readiness, willingness, and ability to change.

The participant will:

- Create a Vision for their Wellness
- Prepare for Action - identify strengths, possible barriers and strategies to overcome barriers
- Set goals to be achieved related to The Change Room 8 Foundations
- Review goals and completed tasks within session with their allocated Wellness & Life Design Coach

WELLNESS & LIFE DESIGN COACHING TIMELINE



Note:

PAFFS – Participant Approval for Further Services Form = approval for all Change Room services other than ‘Change Room Connect’ or ‘Change Room Live’

WLD Form – Specific approval for Wellness & Life Design Coaching Services as outlined in form.

WLD Coaching Services = 8 hours coaching per plan. Extensions require submission of a further WLD Form



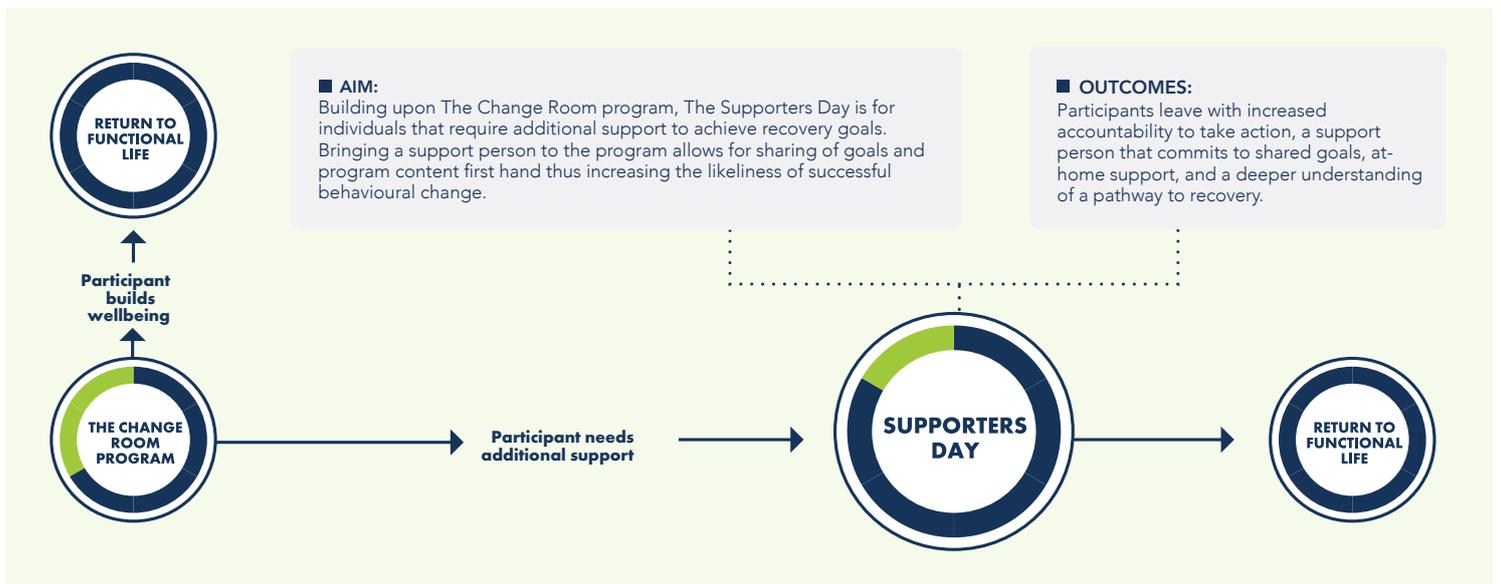
SUPPORTERS DAY

You are 95% more likely to succeed in reaching your goals when you share your goals and become accountable with someone.

The Change Room Supporters Day is an opportunity for participants of The Change Room to invite a family member or friend to join them for a one day experience, leaving them with a common understanding and shared commitment to change for the better.

Workshop style sessions are delivered by high performance, and world-renowned mentors, from iconic sporting stadiums around NSW.

TIMELINE OF EVENTS & ACTIVITIES



COURSE INCLUSIONS

- 1 day of face-to-face live workshop style sessions with The Change Room Mentors at iconic venues.
- Workbook and course content
- Breakfast & Lunch provided
- A plus one for all participants who will also receive all the above

SUITABLE FOR

- Individuals who have previously attended a Change Room Live or Connect and would benefit from sharing the experience with a friend or family member
- Individuals that have lost momentum since attending a previous program
- Individuals that would benefit from additional support
- Individuals who previously had great outcomes at a Change Room program however have experienced an unexpected set back

SPECIAL FEATURES

- Bonus resources from high-performance experts
- Ongoing support through The Change Room Community App
- Guest speaker sharing their Change Room success stories

PROGRAM OUTCOMES

- Re-ignited motivation to create successful behavioural changes
- Vision and Goal clarity to move confidently forward into action
- A stronger sense of accountability to achieve long-term recovery outcomes
- A common understanding and a shared commitment to change

PROGRAM COST: \$2,500 + GST



THE CHANGE ROOM ELEVATE

MENTAL HEALTH + LEADERSHIP = WINNING CULTURE

The impacts of poor mental and physical health in the workplace are profound.

The Change Room Elevate corporate program takes a sports science approach to build capacities across physical, mental and emotional health which improves workplace culture and productivity.

This program is designed to put principles into practice, through scientifically proven and easy to implement tools, supporting leaders and empowering employees to take control of their individual health and collective behaviours.

The outcome is a healthier, focused, motivated and more productive team.



Delivered to Leaders and their teams by the below high performance Mentors



Matt Elliott

21 years coaching professional athletes to victory and creator of The Change Room.



Anthony Minichiello

A renowned health and fitness speaker and former best rugby league player in the world.



Dr Ali Walker

A distinguished social scientist and bestselling author.



Nam Baldwin

Breath-training guru and peak performance coach for Mick Fanning and thousands of other elite athletes.



Loved the course. It relates really well with the direction we are heading in as an organisation.

The presentations were relevant and improvement in mental and physical wellbeing were achievable.

This has definitely provided new tools for stress management.

We were blown away with the mentors and the engagement that they had with our team.

COURSE INCLUSIONS

Module 1	Module 2	Module 3
Foundation module providing holistic tools targeting the elevation of physical, mental and emotional capacities	This module provides leadership with strategies and tools to prevent workplace injury and improve culture and workers mental health	Building inspiration and better operating culture through finding purpose, overcoming barriers and building resilience
Delivered to leadership and teams by the following mentors : Anthony Minichiello, Dr Ali Walker, Matt Elliott and Nam Baldwin	Delivered to managers, team leaders and supervisors by Matt Elliott	Delivered to leaders and their teams by one of our inspirational mentors Allan Sparkes; Nic Beveridge; Mark Hughes; Jeff Hardy + many more

PROGRAM OUTCOMES

- Improve the skills and capacity of leaders to prevent injury and provide a supportive work environment
- Greater collective investment in organisational purpose and wellbeing
- Increased productivity and performance
- Increased mental health awareness
- Reduced injury, sick leave and disputes

SPECIAL FEATURES

- Wellbeing and culture surveys evaluating data and measuring outcomes
- Podcasts, videos and additional resources from high-performance experts
- Ongoing support through The Change Room Community App

The Change Room partners with The Australian Catholic University to provide pre and post wellbeing and culture surveys for your organisation. The surveys evaluate the impact of the Elevate program on your team's culture, wellbeing and performance.

The Change Room Elevate program can be delivered through our online platform or face to face formats and can be tailored to suit your organisation.

Contact us today at hello@thechangeroom.info to find out more.



THE CHANGE ROOM
CHANGES LIVES.

FACT.



GET IN TOUCH!

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