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 participants 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.

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 mentor's deliver evidence-based information that underpins one or more of the foundation behaviours, encouraging participants to focus on key behaviours that resonate with them most.

The 8 Foundations provide participants with practical and easy to implement tools which create significant, sustainable and life changing improvements

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 pushed out weekly to participants via the app. The surveys measure ongoing mental health improvements in relation to The Change Room program and The 8 Foundations. Surveys are anonymous and the 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.

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 injured workers 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 injured workers, 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. The coaches conduct a goal assessment and identify strengths, barriers, challenges and areas of focus.

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
- 2 x Personal Wellbeing coaching sessions

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

THE CHANGE ROOM
PROGRAM CHANGES LIVES.

FACT.

GET IN TOUCH!
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