



THE CHANGE ROOM

**HEALTH, WELLBEING
& RESILIENCE PROGRAMS**

2020 SERVICE
PACKAGE GUIDE



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. Lucky for you, they are passionate about sharing their knowledge and helping others improve their quality of life.



THE 8 FOUNDATIONS

The Change Room operates from a base of 8 Foundations that contribute to wellbeing. Each of the mentor's delivery evidence-based information that touches on one or more of the foundation behaviours, encouraging participants to focus on key breaking points that resonate with them most.

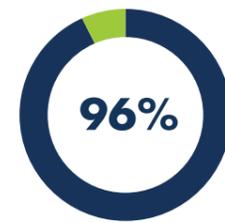
The 8 Foundations all impact and influence each other, therefore, by provided participants with practical and easy-to-implement tools to improve in one or more area they can improve them all and create a significant, long-lasting, and life-changing difference.

THE COMMUNITY APP

The Change Room Program provides participants with the opportunity to become a part of a community of support and safety, where everyone is there to create 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 push out to participants through the app every week which measures their ongoing improvements in relations to The 8 Foundations. This data is also anonymously provided to our partners at The Australian Catholic University and used for an independent analysis of the long-term wellbeing outcomes of The Change Room Programs.



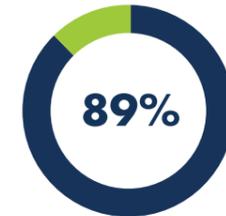
of participants said The Change Room programs are valuable and easy to understand.



of attendees say the experience changed their life.



of participants improve their wellbeing to the point they're keen to return to work.



of participants would highly recommended 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

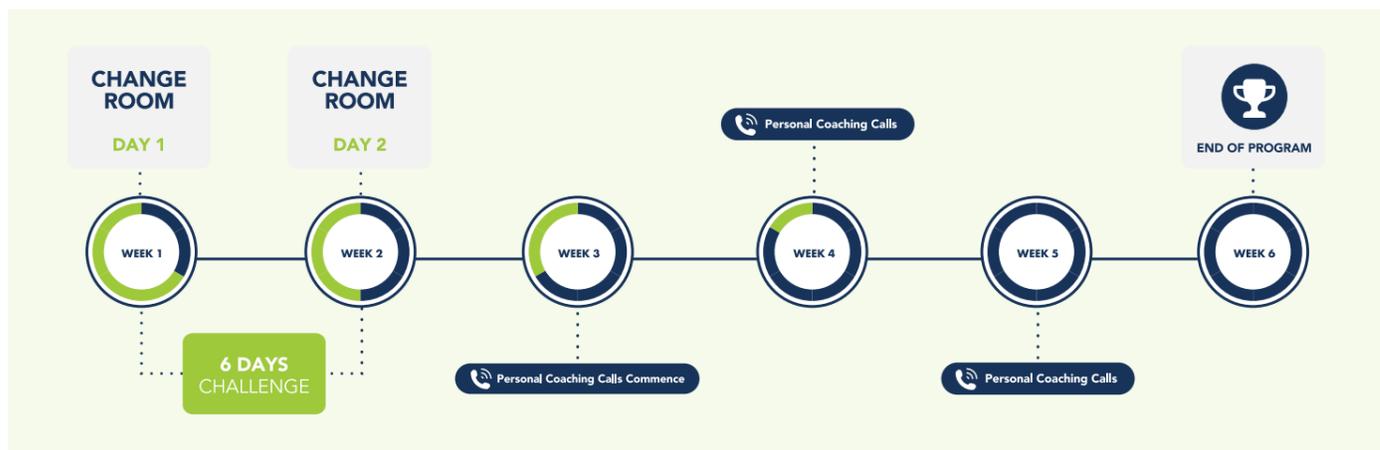
Health, Wellbeing & Resilience Programs with Internationally Renowned Mentors

The Change Room Live is a health and wellbeing program designed to provide holistic tools to support individuals recovering from injury.

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

The Change Room Program is a fun, experiential learning environment that will provide participants with life-long and easy to apply tools, backed by science.

TIMELINE OF EVENTS & ACTIVITIES



FEATURING THE CHANGE ROOM MENTORS



& MORE SPECIAL GUESTS

The Change Room Live includes two interactive and highly impacting face-to-face days where injured workers 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 pain, uncertainty, and stress.

The Change Room Provides a unique experience and gets participants to understand that they are not alone in their recovery. Participants leave with practical tools on how to make changes in their lives. The Change Room caters for all levels of injury, providing places 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. Each participant will receive healing, recovery, and resilience techniques we have developed with world champions and business leaders.

The program delivers practical ways to improve your health across The 8 Foundations through a common-sense approach that leaves participants leaving with a new sense of purpose, control and feeling inspired. Participants then receive Personal Coaching Calls to conduct a goal assessment and identifying strengths, barriers, and challenges.

Our Community App with program content and resources and ongoing access to support allows participants to manage their wellbeing and sustain 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 support wellbeing content, including bonus podcasts, videos, and challenges with Mentors.
- 2 x Personal Wellbeing coaching sessions
- Breakfast & Lunch provided

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

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

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

