



WELLNESS
COACHING
AUSTRALIA

Is your team stressed, tired, lacking motivation?

- Does your corporate health program treat these symptoms effectively?
- Are you measuring the problem but not providing the solution?
- Does your staff know you care about their health and wellness?

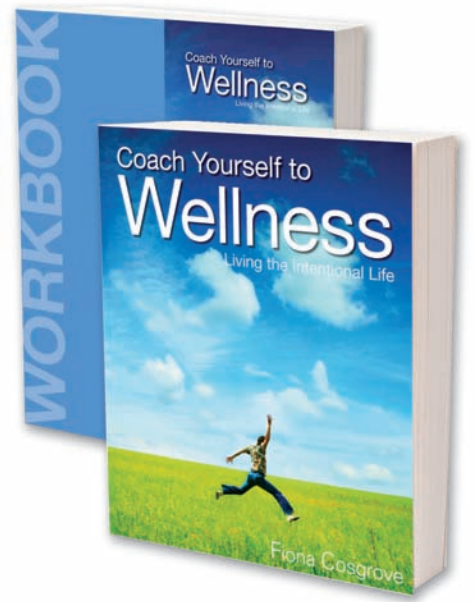


Why not consider this cost-effective intervention.

Why are they tired, stressed, lacking energy and motivation?

COACH YOURSELF TO WELLNESS BOOK AND WORKBOOK

This practical program helps people identify the reasons why they are tired, stressed, lacking energy or lacking motivation. It will help your team members discover how to lift their health and lifestyle. They will be guided into substituting old habits that work against them for new ones that will lead to optimal health, vitality and productivity. For a minimal cost per person, this book and program can be given to your staff to help them assess where they are currently at in terms of wellness.



IT WILL HELP YOUR TEAM MEMBERS DISCOVER HOW TO LIFT THEIR HEALTH AND LIFESTYLE.

WHAT ARE THE BENEFITS?

- In the privacy of their home, Coach Yourself to Wellness can help staff review their health, fitness and stress levels and identify areas that can be improved.
- This is a step-by-step guide that will empower your staff to solve the specific challenge they face through action.
- Whether it is stress management, a weight problem, lack of physical activity, the need for balance and prioritisation, the challenges staff face can be transformed into health, vitality and satisfaction through a wellness program.
- A book lasts longer than a motivational talk. A workbook gives the opportunity to personalise an action plan, Putting decisions onto paper creates commitment.

YOUR NEXT LEVEL OF SUPPORT?

Many members of your team can benefit from the books alone. For greater success, the following services are also available to specific groups.

- A half-day workshop
- A series of group coaching sessions that can be spaced weekly, monthly or tailored to your organisation's needs.
- A DVD series that takes participants through the program at regular intervals.



ABOUT WELLNESS COACHING AUSTRALIA

Wellness Coaching Australia is an organization that has been set up to deliver wellness coaching services, products and information. These services are provided to the corporate world, to the fitness industry and to individuals who are looking for a way of creating lasting behavioural change for themselves, their clients or their team.

It is now being recognized that despite growing awareness of what is needed to create optimal health and wellness, people are still struggling to achieve their goals. Coaching provides the missing ingredient that can move people forward to a better lifestyle, more energy and greater confidence in their own abilities. Drawing from evidence based coaching psychology theories and using principles of positive psychology, Wellness Coaching can help individuals move forward, and businesses become more successful.

GROUP COACHING WORKSHOPS

Wellness Coaching Australia uses a team of coaches who facilitate small group coaching in a number of formats. The program can be delivered in half a day, in a full day or in series of sessions over 12 weeks. We can tailor it to your needs. The workshop follows a coaching process that will help your team identify where any of their health behaviours are getting in the way of optimal energy, productivity and life satisfaction.

They will receive coaching that will help each person design a vision of where they would like to be and what they would like to change. The coaches will help them work out what has created the problem and identify what they are ready, willing and able to start with. A three month plan will be created that will incorporate realistic behaviour goals that will lead to eventual outcomes outlined in their vision. This will then be broken down into weekly goals with precise planning and action steps and a way of ensuring accountability to the group, their partner in the group, the coach or themselves.

Each participant will learn to take control of their health and wellness and learn to identify obstacles and develop strategies to overcome them. The materials used in the course are colourful, easy to read and attention grabbing. The book gives a breakdown of the wellness coaching process. The workbook is used to record personal experiences and their plan for change.



The end result for the company will be more motivated individuals who have taken responsibility for their health and wellness. The workshop can be life-changing for the participants and beneficial for the business in terms of reduced absenteeism, increased quality of work, happier and healthier employees and improved corporate culture.

COACHING PROGRAMS

Many companies invest in health promotion endeavours. Testing to find out how whether their team are at risk in terms of lifestyle related issues, creating awareness of various healthy habits and offering some form of exercise program, we often stab in the dark in an attempt to improve the wellness of our staff. Very often these attempts produce information but no solution, and create short term change that lasts only as long as the program/awareness campaign does.

Wellness coaching is a rapidly growing field where people are taught principles of behaviour change and apply them to their own unique situation and challenges in life. But too often our key people are very good at managing enormous responsibilities at work but not so good at managing their own personal lifestyle habits and as a result, stress rises, health deteriorates, job satisfaction is decreased and at times, the employee is lost.

Coaching can help individuals move forward, and businesses become more successful.

Which option is best suited for my company?

Wellness Coaching can be delivered in several ways and packaged to suit the special needs of your company and employees. The following are three of the more popular options.

1. 1/2 DAY WORKSHOP - \$2,500

This concise workshop will help participants develop a vision of what changes they would like to make in their health and wellness and what it would be like to achieve them. Action steps are identified and an initial plan and commitment made.

- 4 hours with groups of up to 20 people: \$125 per person including materials.

2. 1 DAY WORKSHOP - \$4,500

The full day allows for a more comprehensive look at what participants have tried in the past and where they might have gone wrong. As well as developing strategies for the future, the long session will really produce major awareness of many aspects of their work and personal life.

- 8 hours with groups of up to 20 people: \$225 per person including materials.

3. 12 WEEK PROGRAM - \$9,000

Spread out over a three month time frame, the coaching program can really produce results with weekly challenges being discussed and a steady process followed, to build lasting change. The program gives a solid basis for a better way of living that will result in happier, productive employees who are working at their optimal level.

- 6 x 30 minute phone coaching on the weeks between sessions – participants are put in pairs for these calls and to provide support for each other.
- 6 sessions of group face to face, initial session 3 hours, following 5 sessions 1 hour - 8 hours face to face + 3 hours phone coaching: \$450 per person including materials

Note: All workshops/programs are based on 20 people.

Individual Executive Coaching.

“I am worth more to my company well than unwell.”

The future success of any business lies with its top management team. If the individuals are not in good health, their work will eventually suffer - stress, nutrition, sleep patterns, relaxation and activity balance all play a major role in life satisfaction.



These are often the areas which are given the lowest time and attention when a person carries substantial responsibility for a team and bottom line results.

An investment in the health of your executives is money well spent and a wellness coaching program can result in greater retention of these key people. Improved work relations will flow on from happier, healthier and more energetic leaders. The wellness of a company can change for the better when the top level are seen as role models to others who struggle with similar health issues.

Telling someone what to do will not work for highly successful people. A coach puts the responsibility back in their hands and helps them plan small but lasting changes in their daily routines and the ability to deal with the stresses of upper management.

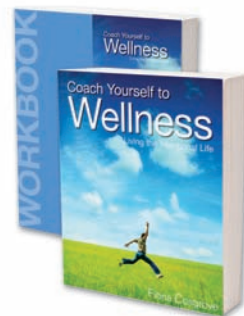
One on one, in person or by phone, coaching gives enormous value and returns. Wellness Coaching Australia has coaches who are highly trained in health, fitness and wellness coaching theory. Each coach possesses excellent communication skills and is experienced in the corporate environment – most having worked there in senior positions in their career.

12 WEEK PROGRAM - \$3,500 PER PERSON

- 12 week program based on alternating weekly face to face sessions with phone consultations.
- Initial session – 90 minutes
- 5 x 60 minute face to face. coaches come to the client.
- 6 x 30 minute phone coaching sessions

COACH YOURSELF TO WELLNESS

This book and workbook form the basis of the Wellness Coaching program. Participants will be guided through the information which is presented in colourful, easy to digest sections. The workbook allows each person to record their thinking, decisions and action plan.



A unique guide for anyone who wants to change their life and create wellness that truly lasts.

Wellness Coaching Australia – Meet the Coaches.

Fiona Cosgrove

*Masters in Sports Science, Masters in Counselling,
Certified Wellness Coach with Wellcoaches US.*

Fiona Cosgrove has over 20 years experience in the wellness and fitness industry – owning and managing clubs in Australia and Asia. Holding a Bachelor and Masters degree in Sports Science and a Masters Degree in Counselling, Fiona is also a certified Wellness coach with Wellcoaches in the US, representing the company as their Managing Director in Australia and has completed a professional development course in coaching with Dr. Tony Grant at Sydney University.

Fiona has worked for many years as a university lecture, held a position on the board of Fitness NSW and has provided keynote speaking services, seminars and workshops for the corporate world. The last health club that Fiona created and ran for 7 years, No 1 Martin Place – The Health Club won Fitness centre of the year in NSW for 2006 before she sold it in 2007. Fiona has a passion for helping people and organizations grow by changing the way they approach health and wellness and which results in increased motivation, renewed loyalty, team cohesion and an improvement in corporate culture.



Susan Griffith

*Wellness Coach, Level IV Distance Running Coach, Cycleskills Coach,
Level IV Work Place Trainer & Assessor St Johns Senior First Aid &
Resuscitation, Qualified Justice of the Peace, Susan is the principal of
Paceline Coaching & Training.*

Susan has worked as a sports coach part-time for 27 years, for last 15 years her coaching speciality has been in the field of distance running. Over the years as a sports coach Susan found that working with clients about 50 percent of the time was sport specific, the rest of the time was educating in the areas of nutrition, weight management, work/sport/life balance, medical and health management. Distance running is particularly demanding on all aspects of wellbeing. This led Susan to train as a Wellness Coach through the USA based training institute Wellcoaches® who are strategic partners with the American College of Sports Medicine (ACSM) and she now practices as a Wellness Coach working with corporate groups and individual clients.

Susan has corporate experience working in investment banking and finance, recruitment, research and after a period working for the Sydney Olympic Organising Committee she worked for five years as the Operations Manager of a leading Sydney based Sports Event Management company.

For further information or bookings please contact **Fiona Cosgrove** on
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Visit our website www.wellnesscoachingaustralia.com.au.