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## Welcome to Women of Wellness

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WOMEN OF WELLNESS is a coaching programme that has been designed for you! That might sound a little lofty, but in my years working as a coach I have become increasingly aware that these themes that are common to us all. From taking time (or not taking time) for ourselves, to feeling worthy in our personal and professional spaces, to feeling uncertain of our place in our own lives.

WOW! is about reconnecting with yourself, to rediscover your place in your life, and redefine what you want moving forward. It's about learning to nurture yourself with love and compassion the same way you do for the others in your life. It's about deepening what serves you and letting go what doesn't. It's about giving yourself the space and time to really know yourself, from a place of non-judgement and *enoughness*, and to learn to speak your authentic truth.

Coaching is an empowering space, as it gives you the opportunity to determine your own way forward. By equipping you with tools, practices, and techniques, it creates the space for you to decide what you want to take with you, and what you prefer to leave behind. The agenda of the individual sessions are self-directed, based on the content from the group coaching sessions, or what you choose to focus on as part of your process.

When it comes to developing a plan or a road map for yourself, there are no right or wrong ways to get anywhere, simply the route you choose to take. This depends on your "preferred mode of travel" and the kind of experience you are wanting to have. It's easy to become overwhelmed with all the suggestions, advice, ideas, recommendations, self-help guidelines, and information out there on how to live a better life, become a better version of yourself.

Author of "Eat. Pray. Love," Elizabeth Gilbert reminds us,

*"You are not required to justify your existence on earth through constant improvement. You are not a Fortune 500 company; you don't have to show increasing profits. You don't have to earn your right to be here by putting yourself to higher and higher standards. You just get to be here. You belong here. You are loved on earth."*

It's a lovely thought and something I believe can form the basis of a gentle, yet clear, accountability with ourselves to be who we want to be, not how others perceive or believe we should be. By working with choices, rather than have-to, should, and must, in our personal and professional lives, we can create strength, inspiration, and drive from a self-loving space, rather than a position where we forget to prioritise ourselves. Rather than only giving, we need to learn to take back in a healthy and boundarised way. We cannot exhale without first inhaling. In a conversation with Brené Brown, Joan Halifax, a Zen Buddhist teacher, says about choosing not to attend a function prior to a talk she is giving,

*"Tonight, we will exhale and teach. Now it's time to inhale. There is the in-breath and there is the out-breath, and it's easy to believe that we must exhale all the time, without ever inhaling. But the inhale is absolutely essential if you want to continue to exhale."*

Remembering to take care of yourself in a wholesome way, is just as important as looking after your children, connecting with your partner, being available for your colleagues, and showing up for your friends and family. Without you making sure you are resourced, and giving constantly to others, means that there is probably extraordinarily little, if anything, left over at the end of the day for you. Learning to be grounded and present in the ebb and flow of the human energy exchange is uncomfortable at first. Over time it feels more natural, and you may even have that moment when you wonder how you ever got away with giving so much of you to others and taking so little time to restore and replenish yourself.

Through this course, I hope to be able to support you in discovering and learning what it is you need to be okay, and hopefully to thrive in your various roles. Bringing this programme together has taken me many years, with so many things getting in the way. It's because by drawing on the various tools, learnings, teachings, and wisdom I have accumulated over the years, means that I need to be more mindful of living the work, rather than just sharing it. Much of this work comes from the extraordinary social and behavioural scientists, social workers, psychologists, and neuroscientists whose teachings I have integrated into my life over the years. I am not a scientist or a researcher, and much of my learning is self-directed, rather than having been acquired in a formalised academic setting or double-blind research studies. I have not researched anything as this would require resources, training, and education that I don't have. I have, however, in my commitment to lifelong learning gone back to university to study a Bachelor of Social Work.

I have read, absorbed, digested, and learned what others have gone to the trouble to collect, collate, and share with us. I have brought their research, tools, and practices into this course combining their brilliance and labour with my experience, perspective, and anecdotal evidence. In having done this, I hope to introduce you to some innovative ideas that you can explore further as you deepen the process and connect with yourself as a Woman of Wellness.

As we move through the material over the coming weeks and months, I am excited about the shifts, epiphanies, experiences, ideas, discoveries, and aha moments I am sure you will have.

Yours in Wellness,

*Leigh-Anne*

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# Programme Outline

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The programme has been designed to be delivered as follows:

1. Six monthly live coaching groups of 3,5 hours
2. Twelve online connection calls of 60 – 90 minutes
3. Six individual coaching sessions of 60 minutes

The programme can be completed by combining the three elements of the programme, simply engaging in the group processes, or only attending the monthly sessions. Additional coaching sessions can be arranged if you would like to connect more often. There is a private Facebook group where additional discussions and resources will be available to support your process between the sessions, if you are interested. The manual and additional resources are available at: <https://uact.teachable.com/womenofwellness>

## Programme recommendations:

To make the most of the programme I recommend that you engage as fully, and presently, as possible during the course. Part of the work is learning to prioritise yourself, so carving out this time in your schedule if the first step in connecting with yourself. The programme will be broken down into live and online sessions.

The monthly live sessions introduce the monthly learnings. The weekly groups are a chance to discuss the topics and tools in greater detail, and to integrate them in terms of your personal experience and situation. Although the weekly groups are not a required element of the programme, to experience the most from the work, I invite you to make this additional time for yourself as part of your process. Remember, this is about you (re)connecting with, and spending time resourcing and replenishing, yourself. It's about finding that fine line between being self-loving, and what we consider to be, selfish.

The individual coaching sessions are a chance to really focus on bringing the work together in a safe, supportive space where you are free to explore and deepen the work. This gives a richer quality to the process and is highly recommended. How you choose to engage in the process is your decision and learning to trust that is an important part of holistic wellness. You're here for you, and to reconnect with your intuition, purpose, meaning, and essence is an essential element of who you are. Programmes can be adapted, and additional sessions arranged if you change your mind about how you would like to do the work.

"You only are free when you realize you belong no place -  
you belong every place - no place at all.  
The price is high. The reward is great."

*Phaya Angles*



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# Women of Wellness - A Coaching Programme

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## The Women of Wellness Coaching Programme

1. Welcome to Women of Wellness
2. Programme outline
3. What are my programme intentions and expectations?

## (Re)Connecting with Me

4. What are my needs, wants, and values?
5. What is self-worthiness?
6. How do I connect with myself?

## Connecting with my habits and behaviours

7. What are my daily practices?
8. How can I develop healthy routines and habits?
9. How do I manage triggers, stress, and emotions?

## Connecting with my purpose

10. Where am I in my life?
11. What is my "Why"?
12. What are my roles and goals?

## Connecting with my well-being

13. How can I deepen my wellbeing?
14. How can I build my resilience and become grittier?
15. How can I develop a growth mindset?

## Connecting with my tribe

16. How do I speak my authentic truth in relationships?
17. How can I set healthy boundaries?
18. How do I deepen trust in my relationships?

