

Elevate your HEALTH, Elevate your IMPACT! Group Wellness Coaching Program

Hunter New England and Central Coast Primary Health Network (PHN)

is proud to announce an intensive Group Health and Wellness coaching package for allied health professionals to focus on YOUR health and wellness.

Are you experiencing any of the following?

- Overwhelmed and worried you are heading towards burnout?
- Stress has become your constant companion lately?
- Craving to regain your spark and feel more confident in both health and life?
- Sick of feeling exhausted and want to feel energised?
- Trapped in the perpetual busyness cycle, seeking balance?
- Struggling to set healthy boundaries, let go of guilt and prioritise self-care?
- Want to elevate your presence in relationships at work and home?

If you resonate with any of these, this program is for you!

What is Health and Wellness coaching?

Health and Wellness coaching isn't about fixing what's broken; it's about enhancing what's right. It empowers you to take control of your wellbeing, leveraging behaviour change theories to foster motivation and self-efficacy. Our coaching approach shifts from telling to asking, recognising that you are the expert in your own journey.

Health coaching follows the principle that the client has the capability required to make desired changes themselves. People are capable of finding answers, capable of choosing, capable of taking action, capable of recovering when things don't go as planned, and especially capable of learning. They are the experts on their own situation and motivation.

Health coaching is characterised by the focus on overall wellness goals and not merely on the management of a chronic or specific condition. Health coaches guide the client towards achieving an overall vision for their health, they are not treatment providers. Health coaches support clients to make sustainable healthy lifestyle behaviour changes. They do not diagnose medical conditions, prescribe or de-prescribe medications. They are *trained to recognise when, how and who to refer to when situations arise that are outside their scope of practice.

Benefits of Group Wellness coaching?

Holistic Development: Integrate physical health, mental wellbeing and lifestyle choices.

Community Support: Forge connections with fellow allied health professionals, fostering motivation and accountability.

Diverse Insights: Gain valuable perspectives from diverse backgrounds, enriching your emotional wellbeing.

Stress reduction: Learn effective techniques to manage stress, promoting resilience and vitality.



Program Details:

Dates: 2 May 2024 to 8 August 2024

Time: TBC (proposed lunch time)

Frequency: 8 x 2 hour virtual group sessions, every fortnight on a **Thursday** over 16 weeks, check-ins with a 'buddy' on alternative fortnights.

Individual Support: 3 x 45 minute personalised virtual sessions between you and your coach.

Platform: All sessions conducted online

Group Health Coaching Program outline and session dates:

Session 1	2 May 2024	Kick off session - Vision & Goals
Session 2	16 May 2024	Stress, Burnout & Recovery
Session 3	30 May 2024	Unlocking Mental Agility with Mindfulness & ACT tools
Session 4	13 June 2024	Foundations of Wellbeing - Sleep, Movement & Nutrition
Session 5	27 June 2024	Setting Boundaries & Work/Life Balance
Session 6	11 July 2024	Leadership & Prioritising Self Care
Session 7	25 July 2024	PERMA & Relationships
Session 8	8 August 2024	Celebrate Success & Plan YOUR Future

***Note each participant will have access to 3 x 45 minute individual online coaching sessions. Dates & times for individual sessions will be confirmed once you are accepted to the program.**

MEET YOUR COACHES

Amanda Balcombe, founder of Still Wellness and a Certified Health and Mental Health coach, draws on her 17-year corporate background as a high-performing Financial Adviser to specialize in burnout prevention, stress management, and mental well-being. Amanda employs evidence-based lifestyle medicine, positive psychology, and Acceptance and Commitment therapy tools to empower professionals and entrepreneurs.

"Witnessing clients build a positive and resilient mindset and a new belief in themselves of what is possible for their health, wellbeing and the life they want, brings immense joy." - Amanda

Emma Grant, a qualified Counsellor, Wellness coach, and Health consultant with over 20 years' experience in both physical and mental health, founded Flexi Health Services in 2018 to provide education, coaching, and ongoing support to improve holistic health, emphasizing the importance of goal setting and the powerful benefits of taking action towards the life you want to live, everyday!

"Supporting clients through a transformation process that enhances their personal and professional life and overall wellness is quite phenomenal. I always feel lucky to be a part of every individual journey." - Emma

If you feel like this program is for you, and you are available on the proposed dates, please complete the Expression of Interest form before COB on the 15 April 2024.

To register your interest please click [HERE](#) or scan the QR code.

Hurry, spaces are limited to 8 health professionals only.

We are looking forward to elevating your Health and Wellness with you!



Allied Health Group Health & Wellness Online Coaching - Expressions of Interest (EOI)

