

Plunge

INTO YOUR WELLBEING

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BE WELL FOUNDATIONS PROGRAM + PLUNGE POOLS + SAUNA

Improve your mental wellbeing this spring by experiencing the immediate benefits of plunge pools and sauna coupled with the Be Well Foundations Program to drive lasting change.

Over 3 weeks you will receive personal support from Dorodea, a certified Be Well Co trainer, to connect with yourself and a small group of like-minded individuals, explore your mental wellbeing and regulate your nervous system, walking away with a tailored plan and toolkit of strategies to help you deal with stress, cope with challenges and be your best possible self.

WHAT YOU GET

Be Well Plan Training

- 3 x 2-hour training sessions
- 100-page Be Well Workbook
- Be Well Tracker (online wellbeing tool)
- Be Well App - wellbeing content
- Experiment with 30+ evidence-based practical activities, finding what works for you
- Connection with like-minded individuals to reflect & share knowledge and awareness
- Personal support to develop your own tailored plan and toolkit to support your mental health & wellbeing

3 Guided Plunge Sessions

Be coached and guided through four spacious and deep plunge pools, rotating through 7°, 36°, 14°, and 40°C for 2.5 minutes each pool. This will calm your nervous system, reinvigorate you mind and body, having a positive impact on your mental and physical wellbeing.

3 Sauna Sessions

Small group sauna sessions, using the latest near and far infrared wavelength energy to send heat directly into the body's tissue. Leave feeling relaxed and hopefully getting a great night's sleep.

PROGRAM DETAILS

 **5, 12 & 19 OCTOBER 2024**
3 SATURDAY SESSIONS

 **5:15PM - 7:15PM** - TRAINING
FOLLOWED BY POOL + SAUNA

 **PLUNGE RECOVERY**
250 BRIGHTON RD, SOMERTON PARK

PROGRAM COST

\$120 PLUNGE RECOVERY MEMBERS

\$150 NON-MEMBERS

\$100 IF JOINING WITH A FRIEND
(\$100 EACH PERSON)

Prices include all 3 sessions, pool & sauna

* **Limit of 8 participants for personalised support**

*Do this for yourself!
Experience the silence and serenity in
amongst the busyness of everyday life.*

REGISTER NOW! Info@learnlove.live



WHAT IS THE BE WELL FOUNDATIONS PROGRAM?

Be Well Foundations, developed by world leading wellbeing and mental health researchers from SAHMRI and Flinders Uni, draws on the best available evidence from around the world to provide effective ways to improve mental wellbeing.

You will walk away with foundational knowledge of mental health and access tools and activities that can facilitate sustainable behaviour change and improve your wellbeing. You will get a 100-page Be Well Workbook and access to the Be Well Tracker and Be Well Plan App to facilitate and track

Up to 92% of Be Well Training participants report meaningful improvements in mental health and wellbeing.

ABOUT ME

DORODEA AT LEARN.L♥VE.LIVE.

As a Wellbeing Coach I am driven to give you the learnings and tactics that will stand you in a strong position, not just for now, but also into the future. I understand from lived experience the importance of having a conscious focus on mental wellbeing, and I facilitate the discovery of what this that looks like for you so you can make transformational and positive changes in your mindset and take action towards designing the life you want.

To support you, I am a Be Well Co certified trainer via SAHMRI delivering the Be Well Co Program. Have a diploma of Modern Psychology and am certified by the Institute of Executive Coaching and Leadership. I am also accredited in the Human Synergistics measurement and feedback tool incorporating change strategies enabling individuals to fulfill their potential.

My mantra for my family and my clients is,

IT'S NOT WHAT I
LEAVE TO THEM,
BUT WHAT I LEAVE
IN THEM

”

I look forward to helping you design the life you want.

Dorodea x

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