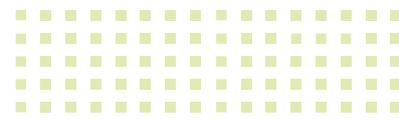




a better way for you.



» **What is The Change Room Program?** The Change Room Programs are holistic wellbeing programs that build participants physical, mental, and emotional resilience. The program consists of presentations from experienced health & wellness mentors (with a shared understanding of recovery), easy to apply tools and techniques and follow up support.

We believe in making education FUN! All the Change Room Programs are backed by science and delivered in a safe and friendly environment.

The Change Room Programs are available either in a face-to-face group format through The Change Room LIVE programs, or via our online platform, The Change Room CONNECT.

» **Who is suitable?** Our programs are suitable for participants with physical and/or psychological injury who:

- Have expressed the desire for change and increased motivation to recover from injury or re-engagement with treatment
- Recovery from injury or illness has stalled or not going to plan

» **What services does The Change Room Program offer?**

THE CHANGE ROOM LIVE PROGRAM

2 day face-to-face program delivered by high performance coaches and specialist mentors at iconic NSW venues.

COURSE INCLUSIONS

- 2 days of face-to-face live sessions with The Change Room Mentors at iconic venues.
- Health device (Fitbit), stretch band and workbook
- Takeaway grass-fed & chemical-free Food Pack (Valued at \$150+)
- 6 weeks of wellbeing content, including bonus podcasts, videos, and challenges with mentors.
- 2 x Personal Wellbeing coaching sessions
- Breakfast & Lunch provided
- 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

OR

THE CHANGE ROOM CONNECT ONLINE PROGRAM

6 weeks of interactive live webinars with high performance coaches and specialist mentors. Includes 12 weeks of access to online resources and recorded webinars. This program is ideal for participants who are based in regional areas or have psychological injuries and feel uncomfortable being in external environments or have physical injuries and are unable to travel.

COURSE INCLUSIONS

- 6 weeks of interactive live webinars
- Participant Welcome Pack
- Live Q&A with Coaches & Mentors
- Interactive challenges with Mentors
- Health device (Fitbit), stretch band and workbook
- Bonus resources from high-performance experts
- Ongoing support through The Change Room App
- 2 x Personal Wellbeing coaching sessions
- Ongoing support through The Change Room Community App

PROGRAM OUTCOMES

- Improved physical health including
 - Stronger more consistent sleep patterns
 - Reduction in medication dependency
 - Reduced pressure on injuries
 - Minimizing the risk of secondary health conditions such as diabetes, depression, anxiety & migraines.
- Improved mental health
- Improved Human connection



FAQS

» Who is suitable for the Change Room?

The Change Room Program is an early intervention option for people where positive progress on the road to recovery has stalled. The Change Room is suited to participants with physical and/or psychological injuries from all age groups.

» How often do you run the programs?

We keep an up-to-date schedule of the program dates and locations on our website.

www.thechangeroom.info/program-dates

» I'm nervous about attending a group program what type of things do you talk about in the program?

We don't discuss your injuries or the experience that you have been through in a group environment. The programs are all future focused where our mentors share their lived experience through injury and the path to recovery that worked for them. This is done in a group environment so you are more than welcome to laugh, get emotional, take part in a discussion or just sit back and observe.

If you would prefer, we have an online program that you can participate from the surrounds of your home with your family and friends.

Here's a link to some feedback from the people that have attended our programs.

www.thechangeroom.info/testimonials

» I would like to bring a support person with me – do you allow this?

Absolutely – in fact, we encourage this as it helps build a better support group when setting wellbeing goals. We do also offer a Supporters Day program specifically for those people wanting to return with a support person. These run quarterly in different locations across NSW.

www.thechangeroom.info/supportersday

» How do I get to the Change Room programs?

We run the Change Room program at different locations through out NSW and in most cases your travel and accommodation (if required) will be covered by your Insurer.

www.thechangeroom.info/program-dates

» What do I need to bring with me to the 'Live' program?

We make it super easy for the people who attend. Everything is provided for you; course materials, catering and beverages along with a healthy food pack to use at home and a Fitbit to help with activity and sleep goals.

» What equipment will I need for the online program?

We have made the online program super easy to access. All you need is a device that is connected to the internet. Computer, tablet or phone will do just fine and we have a team that will call you prior to the program starting to help with any questions or set up required.

» Can I speak to someone about the programs if I have more questions?

You sure can – our staff and mentors are more than happy to give you a call and answer any questions you may have. Just call us on 02 9055 5070 or send us an email to hello@thechangeroom.info

» How can I get on this program?

It's super simple, just speak to your insurer or rehab provider about The Change Room and in most cases, they will handle the referral process for you. If you need a bit more help with this - Just call us on 02 9055 5070 or send us an email to hello@thechangeroom.info



02 9055 5070

www.thechangeroom.info