



# THE CHANGE ROOM

**THE CHANGE ROOM  
CONNECT**  
**ONLINE HEALTH,  
WELLBEING & RESILIENCE**



## CHANGE CAN BE DIFFICULT, BUT WITH THE RIGHT TOOLS IT CAN BE TRANSFORMATIVE

Through evidence-based, fun, and interactive sessions, The Change Room Mentors have helped thousands of people prevent and overcome health setbacks, illness, and injury. They have been responsible for life-changing improvements, from improved mental illness symptoms, reducing chronic pain, dependence on pain medication, to increased resilience and performance.

The Change Room Programs are holistic wellbeing programs that build participants physical, mental, and emotional resilience. Participants receive practical tools to manage their health and improve healing, with cutting-edge techniques the mentors have used with world champions, high-performance athletes and teams, and business leaders.





# HOW THE CHANGE ROOM CHANGES LIVES

## THE MENTORS

At The Change Room, sessions are delivered by the highest level of inspirational and educational mentors, including elite athletes, high-performance coaches, academics and business leaders.

The Change Room Mentors have helped thousands of people overcome poor health and injury through life-changing improvements. They are experts at bouncing back, whether it is helping people they've just met, or recovering from their own physical trauma and illness.

Their healing and resilience techniques are backed by science and formulated from successes with world champions and business leaders. Lucky for you, they are passionate about sharing their knowledge and helping others improve their quality of life.



## THE 8 FOUNDATIONS

The Change Room operates from a base of 8 Foundations that contribute to wellbeing. Each of the mentor's deliver evidence-based information that touches on one or more of the foundation behaviours, encouraging participants to focus on key breaking points that resonate with them most.

The 8 Foundations all impact and influence each other, therefore, by providing participants with practical and easy-to-implement tools to improve in one or more area they can improve them all and create a significant, long-lasting, and life-changing difference.

## THE COMMUNITY APP

The Change Room Program provides participants with the opportunity to become a part of a community of support and safety, where everyone is there to create positive change in their lives.

The Change Room Community App allows participants to stay connected after their program through a safe environment where they can ask questions, share their success stories, and continue to have access to the program resources and support materials.

Wellbeing Surveys are delivered to participants through the app every week which measures their ongoing improvements in relations to The 8 Foundations. This data is also anonymously provided to our partners at The Australian Catholic University and used for an independent analysis of the long-term wellbeing outcomes of The Change Room Programs.



## Online Health, Wellbeing and Recovery program with internationally renowned Mentors.

The Change Room Connect is our Online learning platform, where we have taken our award-winning Change Room Live Program and made it available in an Online environment that is fun, engaging, and interactive. The Change Room will provide you with the tools to make lifestyle changes that are personally beneficial, and complimentary to any current recovery plan.

This program is ideal for starting or continuing your Health & Wellbeing recovery during lockdowns. Furthermore, people who are recovering from injury or illness 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. The program provides new tools to improve mental health so participants can navigate the current challenges of self-isolation and uncertainty.

The Change Room Connect is backed by science and is delivered in a fun and practical learning environment that provides participants with life long, sustainable, and easy to apply tools to assist with recovery and improve health and wellbeing.



“

*I strongly recommend The Change Room Programs and can confirm the ongoing support I have received. This program has changed my life and I continue to implement the teachings daily. From the second I wake up, to the time I go to bed, I live this lifestyle. It is a physical and mental holistic approach to managing your existence, backed by science, and supported by professionals.*

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This online journey improves the health of participants, on a physical, mental, and emotional level. It is about giving people with injuries new tools to manage their health, so they can navigate the current challenges of self-isolation, uncertainty, and stress.

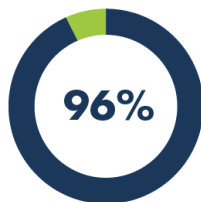
The Change Room provides a unique experience and encourages participants to understand that they are not alone in their recovery. Participants leave with practical tools on how to make changes in their lives.

Our Mentors are experts at bouncing back, as they have experience with supporting and/or overcoming

serious physical trauma, illnesses, or personal setbacks. Participants will receive healing, recovery, and resilience techniques we have developed with world champions and business leaders.

The Change Room Connect imparts practical tools to improve participants health and wellbeing using The Change Room 8 Foundations. Participants will receive 2 one on one Wellbeing & Life Design coaching phone calls post program.

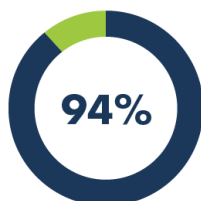
Live webinars, on-demand content and our Community App allow participants to manage their wellbeing from the comfort of their home.



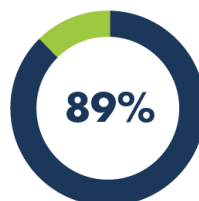
of participants said The Change Room programs are valuable and easy to understand.



of attendees say the experience changed their life.



of participants improve their wellbeing to the point they're keen to return to work.



of participants would highly recommend the Change Room to a friend or colleague.



## 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

## SPECIAL FEATURES

- Access to the Online platform and downloadable resources for 12 weeks.
- Ability to watch live with the whole family, or on-demand.
- Health device (Fitbit), stretch band and workbook provided.
- Bonus resources from high-performance experts.
- Ongoing support through The Change Room Community App.

## PROGRAM INCLUSIONS

- 3 X interactive live webinars
- Participant Welcome Pack
- Personal online portal
- Podcasts, videos, posters, and other learning resources.
- 2 x Wellbeing support calls

## SUITABLE FOR

- Individuals dealing with an injury on an insurance claim.
- Sufferers of psychological illness because of an injury, incident, or accumulated trauma.
- Sufferers of pain because of an injury.
- Individuals experiencing minimal improvements in their healing process.
- Individuals living with chronic illness.
- Individuals in remote and regional areas or with higher levels of anxiety about being in groups.
- Individuals with physical injuries and are unable to travel.

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PROGRAM CHANGES LIVES.

FACT.



**GET IN TOUCH!**

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