



WELLNESS & LIFE DESIGN SERVICE PACKAGE

Wellness & Life Design Coaching is a supportive, non-clinical framework that facilitates the achievement of goals related to The Change Room 8 Foundation behaviours through encouragement and accountability of the participant.

Focusing on 1 or 2 of the 8 Foundations, participants are coached over three months to make sustainable behavioural changes that will enhance their wellbeing and improve their capacity to work.

Coaching moves the focus beyond injury and provides non-clinical, future focused wellbeing and post return to work support.

Who is suitable for this service?

Participants who have completed a Change Room Foundations Program (Live) or Change Room Connect Program (Online). To ensure a successful and supportive learning opportunity is provided, the participant must demonstrate the readiness, willingness, and ability to change.

The participant will:

- Create a Vision for their Wellness
- Prepare for Action - identify strengths, possible barriers and strategies to overcome barriers
- Set goals to be achieved related to The Change Room 8 Foundations
- Review goals and completed tasks within session with their allocated Wellness & Life Design Coach

WELLNESS & LIFE DESIGN COACHING TIMELINE



Note:

PAFFS – Participant Approval for Further Services Form = approval for all Change Room services other than 'Change Room Connect' or 'Change Room Live'

WLD Form – Specific approval for Wellness & Life Design Coaching Services as outlined in form.

WLD Coaching Services = 8 hours coaching per plan. Extensions require submission of a further WLD Form