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CONSULTING



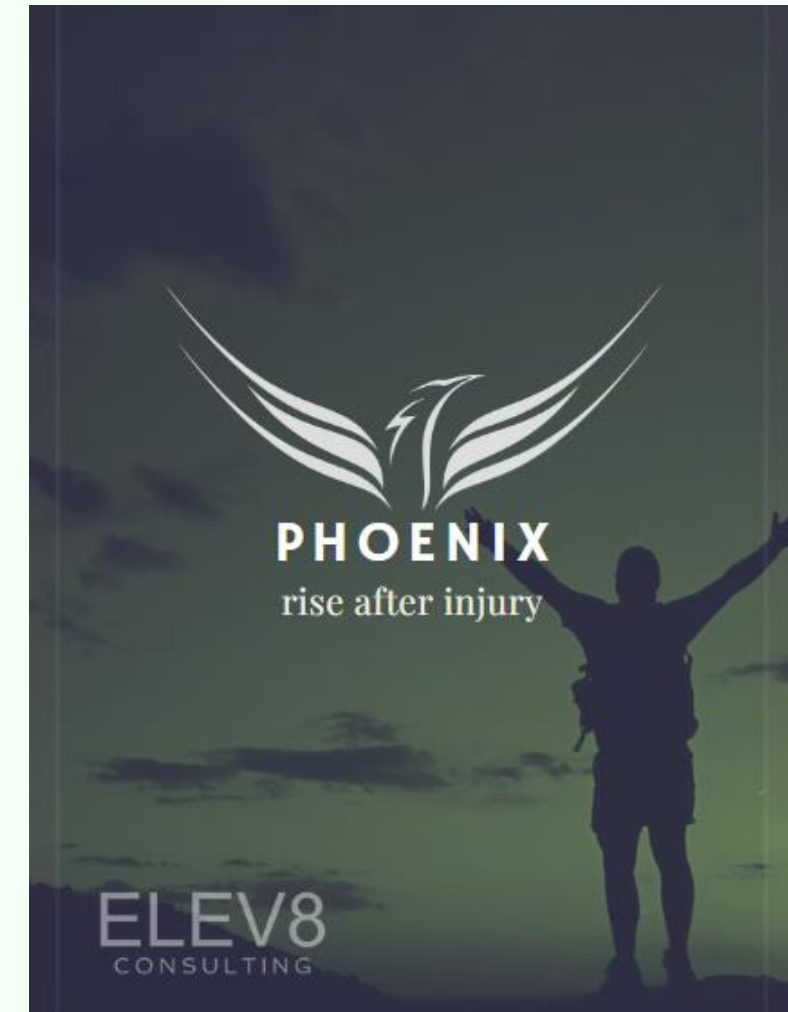
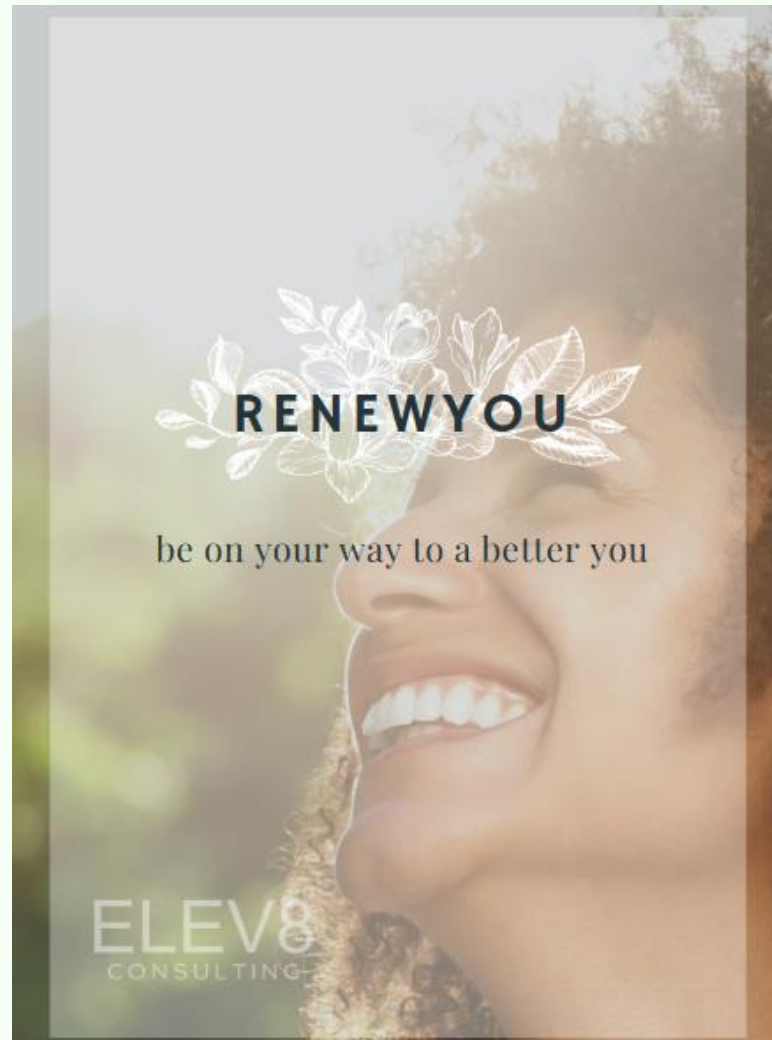
ELEV8
WELLNESS &
HEALTH

OUR DEDICATED PSYCHOSOCIAL HEALTH COACHING PROGRAMS



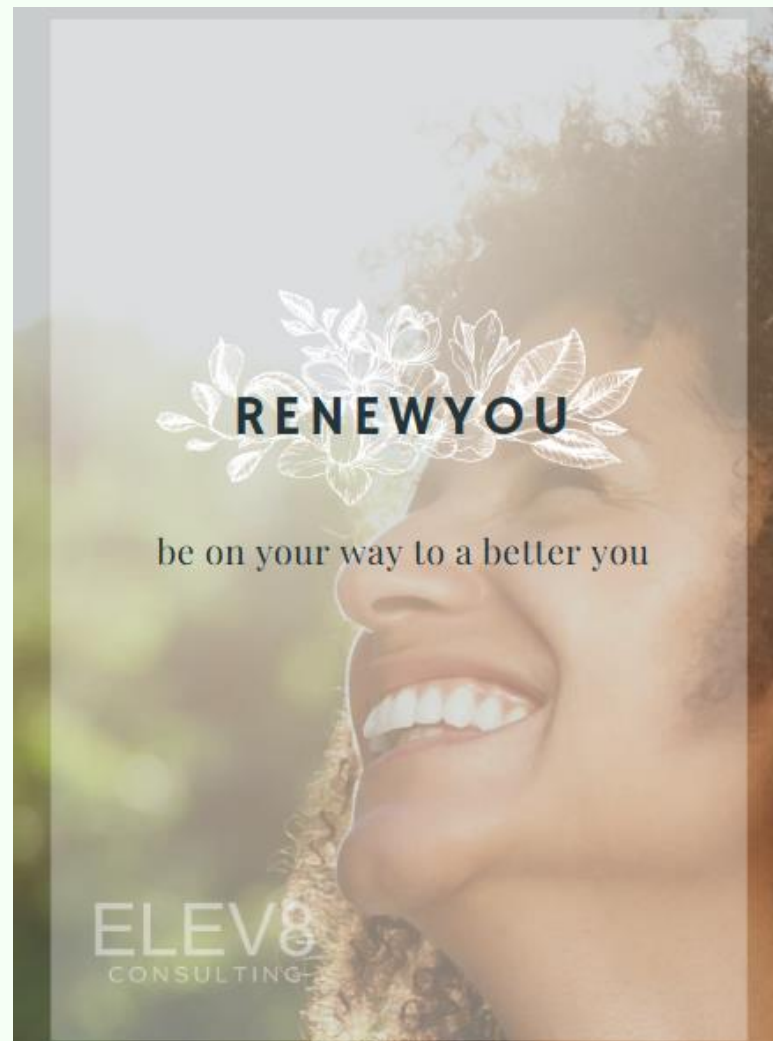
OUR 3 KEY PROGRAMS

Carefully Crafted Evidenced Programs



RENEWYOU

Increasing psychological capital



Introducing our innovative health coaching program “RenewYou”, designed to empower individuals by enhancing their Psychological Capital.

Our program focuses on identifying and addressing gaps in four key areas: **Hope, Efficacy (Self-Confidence), Resilience, and Optimism**. By strengthening these vital components, we equip participants to confront adversity head-on and thrive without being hindered by challenges.

Based on the robust Psychological Capital Framework, each session is dedicated to developing one of these four essential attributes.

Our approach ensures comprehensive personal growth, enabling individuals to achieve greater success and well-being.

RENEWYOU

Why is having an increased psychological capital so beneficial?



Improved Psychological and Physical Well-being: **PsyCap positively influences overall well-being by reducing stress and enhancing life satisfaction.** This improved state of well-being supports individuals in **their journey back to work**, as they are **better equipped** to handle the demands and challenges of their job roles (Oxford University Press).



Increased Empowerment and Resourcefulness: Individuals with **high PsyCap feel more empowered and resourceful.** This empowerment translates into a **greater ability to navigate the return-to-work process**, leveraging their enhanced psychological resources to overcome obstacles and achieve success in their roles (PositivePsychology.com).

References

The Positive Impact of PsyCap on Employee Well-being and Performance – Avey, J. B., Reichard, R. J., Luthans, F., & Mhatre, K. H. (2011). Meta-Analysis of the Impact of Positive Psychological Capital on Employee Attitudes, Behaviors, and Performance. *Human Resource Development Quarterly*, 22(2), 127-152.

Psychological Capital and Well-being – Luthans, F., Avolio, B. J., Avey, J. B., & Norman, S. M. (2007). Positive Psychological Capital: Measurement and Relationship with Performance and Satisfaction. *Personnel Psychology*, 60(3), 541-572.

RENEWYOU

Why is having an increased psychological capital so beneficial?



Enhanced Job Performance and Satisfaction: High levels of **PsyCap** are **strongly linked to improved job satisfaction and performance**. Employees with higher PsyCap are more confident, optimistic, resilient, and hopeful, which **significantly contributes to their ability to return to work successfully** and perform effectively (PositivePsychology.com) (Oxford University Press).



Reduced Absenteeism and Turnover Intentions: Employees with **high PsyCap** are **less likely to exhibit absenteeism and turnover intentions**. This suggests that these individuals are not only more likely to return to work but also to remain engaged and committed once they do (PositivePsychology.com).

References

Positive Psychology Toolkit – Positive Psychology Toolkit. (n.d.). PsyCap 101: Your Guide to Increasing Psychological Capital. Retrieved from Positive Psychology.

Academic Research on Psychological Capital – Abbas, M., Raja, U., Darr, W. A., & Bouckennooghe, D. (2012). Combined Effects of Perceived Politics and Psychological Capital on Job Satisfaction, Turnover Intentions, and Performance. *Journal of Management*, 40(7), 1813–1830. Retrieved from Oxford Academic.

RENEW YOU

Each Client receives their own workbook to guide reflection and cement learnings between sessions

THE PSYCAP MODEL

The Psychological Capital Model (PsyCap) is a well-regarded framework developed by researchers Fred Luthans and colleagues.

It focuses on four key psychological resources—hope, efficacy, resilience, and optimism—that contribute to an individual's overall psychological well-being and success. These resources collectively form what's often referred to as Psychological Capital (PsyCap).

Hope: Hope is about having a positive expectation for the future, combined with the motivation and plans to achieve one's goals. It involves setting clear objectives, developing strategies to attain those objectives, and maintaining a belief that those goals are attainable. Hope helps individuals stay focused, even in the face of challenges.

Efficacy (Self-Efficacy): Efficacy refers to an individual's belief in their ability to successfully perform specific tasks or achieve goals. High self-efficacy leads to increased motivation, effort, and persistence when faced with difficulties. It's a belief in one's competence and capacity to overcome obstacles.

Resilience: Resilience is the ability to bounce back from adversity and maintain a sense of well-being in the face of challenges. Resilient individuals are better equipped to handle setbacks, adapt to change, and maintain a positive outlook even during tough times.

Optimism: Optimism involves having a positive outlook on life and expecting positive outcomes. Optimistic individuals tend to view setbacks as temporary and specific, rather than pervasive or permanent. This perspective contributes to increased motivation, problem-solving, and overall well-being.

FOUR FULL BUCKETS

The Psychological Capital Model (PsyCap) introduces a powerful analogy, viewing the four key psychological resources—hope, efficacy, resilience, and optimism—as distinct buckets that collectively form an individual's Psychological Capital. This conceptualisation suggests that the state of each "bucket" plays a pivotal role in shaping an individual's mental health and ability to achieve goals, especially when returning to work after an injury.

Imagine these four psychological resources as buckets, and achieving high Psychological Capital is akin to ensuring that all four buckets are filled. When hope, efficacy, resilience, and optimism are robust, an individual possesses a strong foundation for psychological well-being and success. Each bucket contributes uniquely to one's mental fortitude.

Conversely, if a particular bucket is lacking, such as the one related to efficacy or resilience, it can significantly impact an individual's ability to cope with challenges and setbacks. For instance, someone returning to work after an injury may struggle if the efficacy bucket is not adequately filled. A diminished belief in their ability to perform tasks or achieve goals might result in decreased motivation and persistence.

This bucket analogy underscores the interdependence of these psychological resources. A deficit in one area may create a ripple effect, affecting overall Psychological Capital. It emphasises the importance of addressing and nurturing each of these resources to ensure a comprehensive and resilient psychological framework.

- Hope
- Efficacy
- Resilience
- Optimism

GOAL ACTION plan

Goal: Start date: Due date:

Goal progress: 0% 100%

Action steps	Possible obstacles
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How to overcome obstacles

The importance of planning PSYCHOSOCIAL ACTIVITIES

Psychosocial activities encompass a wide range of practices that promote mental, emotional, and social well-being. These activities, such as mindfulness, cognitive skills development, emotional awareness, social support, self-care, and personal growth, play a pivotal role in maintaining a healthy and balanced life.

Here's why planning and incorporating psychosocial activities into your routine are so important:

- Promotes Mental Health
- Enhances Emotional Resilience
- Prevents Burnout
- Fosters Social Connections
- Encourages Personal Growth
- Balances your Life
- Builds Resilience
- Enhances Self Awareness
- Creates Consistency
- Increases Wellbeing

SELF EFFICACY TOOL BELT DISCOVERY

Write down a past task or activity you successfully completed?

How were you feeling when you completed the task or activity?

What were the specific skills, approach and/or mindset you used to complete this task or activity?

How can you use these strategies if you were to apply them to a future situation or task?

SELF EFFICACY TOOL BELT DISCOVERY

Write down a past task or activity you successfully completed?

How were you feeling when you completed the task or activity?

What were the specific skills, approach and/or mindset you used to complete this task or activity?

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TOOLBOX OF HOPE-BASED COPING STRATEGIES

A toolbox filled with hope-based coping strategies becomes your lifeline during stressful times. These strategies ground you, uplift your spirits, and provide actionable steps to manage anxiety and stress.

Have a look down this list of examples of what you could put in your toolbox, tick any that you think you have already or would like to put in your personalised toolkit:

Examples

- Positive Affirmations: Create a list of affirmations to shift your mindset.
- Gratitude Journal: Reflect on positive aspects of your life regularly.
- Breathing Exercises: Practice deep breathing for nervous system calm.
- Visualisation: Envisioning positive outcomes inspires hope.
- Mindfulness Meditation: Stay present to reduce anxiety.
- Self-Care Rituals: Engage in activities that rejuvenate you.
- Connect with Supportive People: Social connections provide comfort.
- Set Realistic Goals: Break down goals into achievable steps.
- Positive Role Models: Learn from resilient individuals.
- Journaling: Write down thoughts and feelings regularly.
- Creative Outlets: Express yourself creatively.
- Nature and Outdoors: Spend time in nature for a calming effect.
- Affirmation Cards: Create cards with hopeful messages.
- Inspiring Quotes: Collect quotes for motivation.
- Problem-Solving Strategies: Break problems into smaller parts.
- Music and Podcasts: Curate uplifting playlists or listen to motivational podcasts.
- Random Acts of Kindness: Perform acts of kindness for a sense of purpose.
- Celebrate Achievements: Acknowledge and celebrate accomplishments.
- Yoga and Exercise: Engage in physical activities for mood boost.
- Seek Professional Help: Consult a therapist or counsellor if needed.

LET'S BUILD YOUR HOPE BASED COPING TOOL BOX

Step 1 - Let's Identify some Strategies.
List coping strategies that resonate with hope and optimism.

Step 2 Practice and Reflect
Choose one strategy to practice this week. How does it make you feel? How can you incorporate it into your daily routine?

Step 3 Planning for the future
Choose three strategies you would like to use ongoing into the future. What might make you not use these strategies? How can you make sure you do use them?

SERVICE DELIVERY PROCEDURE

Initial Actions Upon Receiving a Referral

Booking and Conducting the Initial Session – Intake Week. Complete the Psychological Capital Questionnaire. Provide Client with their workbook.

Ongoing Weekly Sessions – 1 – 6 Weeks of the Program. Delivered via telehealth or face to face. 45 – 60 min coaching session. Homework set between sessions for further learning and reflection. Post session updates provided to referrer on key themes.

Final Session and Re–screen with psychological capital. Program closure summary provided to referrer.

THRIVE & FLOURISH

Increasing acceptance and forgiveness



Introducing "Thrive and Flourish," an innovative program designed for case managers dedicated to supporting claimants on their journey to recovery and return to work rehabilitation.

This transformative program empowers individuals to shift their perspectives, set future-focused goals, reduce blame, and embrace acceptance, even in the face of perceived workplace injustice.

Participants engage in journaling exercises and self-reflection activities, enhancing self-awareness and tracking progress. The program also prioritises mindfulness and relaxation techniques, fostering calmness and promoting acceptance.

THRIVE & FLOURISH

The program focus points

Our program focuses on:

- **Perspective Shift:** Helping individuals move away from feelings of injustice towards acceptance, fostering personal growth.
- **Future-Focused Goals:** Guiding participants in setting goals that align with their journey of empowerment and acceptance.
- **Blame Reduction:** Encouraging a positive mindset by reducing self-blame and blame towards others.
- **Coping Strategies:** Equipping participants with practical techniques rooted in acceptance and resilience to manage emotional distress
- **Deepening Acceptance:** Teaching techniques to reframe negative thoughts and deepen acceptance of circumstances.

THRIVE & FLOURISH

Our evidenced based approach

Research indicates that addressing perceived injustice in workplace injury and illness is beneficial for return-to-work outcomes and overall health and well-being. Perceived injustice can exacerbate psychological distress and hinder recovery. Interventions that address these feelings can significantly improve rehabilitation outcomes.



Reduction in Psychological Distress: Addressing perceived injustice helps reduce psychological distress, which is crucial for a successful return to work. **It alleviates feelings of anger and resentment that can impede recovery** (Sullivan et al., 2008).



Improved Health and Well-being: Programs that focus on perceived injustice can enhance overall well-being by **promoting emotional healing and resilience. This holistic approach leads to better physical and psychological health outcomes** (Scott et al., 2013).

References:

Sullivan, M. J., et al. (2008). The role of perceived injustice in the experience of chronic pain and disability: Scale development and validation. *Journal of Occupational Rehabilitation*.
Scott, W., et al. (2013). Perceived injustice moderates the relationship between pain and depressive symptoms among individuals with persistent musculoskeletal pain. *Pain Research and Management*.



THRIVE & FLOURISH

Our evidenced based approach



Enhanced Return-to-Work Rates: Addressing perceived injustice positively impacts return-to-work rates. **Workers who feel their concerns are acknowledged and addressed are more likely to engage in and commit to rehabilitation programs** (Sullivan & Adams, 2010).



Promotion of a Positive Workplace Environment: By addressing perceived injustice, organisations can **foster a more supportive and understanding workplace culture**. This leads to **increased job satisfaction and lower absenteeism, further facilitating return-to-work processes** (Fay et al., 2015).

References


Sullivan, M. J., & Adams, H. (2010). Psychosocial treatments for pain-related disability. In Psychosocial Interventions for Chronic Pain.
Fay, D., et al. (2015). Justice perceptions and employee work attitudes and behaviors: A review of the literature. Personnel Psychology.

THRIVE & FLOURISH

Each Client receives their own workbook to guide reflection and cement learnings between sessions

Understanding the intricacies of the Cycle of Acceptance offers a profound insight into the emotional journey of adjusting to adversity. It serves as a companion, guiding you through the varied landscapes of emotion, providing waypoints for self-reflection, and ultimately leading you towards a place of acceptance and resolution.

As you navigate through these stages, remember that each one is a vital part of your unique journey, contributing to the tapestry of your personal growth and adaptation.



Where are you in your journey in the Cycle of Acceptance

Your adjustment journey is a personal and evolving experience, much like navigating different stages of the Cycle of Acceptance. Imagine this as a self-discovery voyage where you play an active role in assessing your own position on this journey.

Consider the various stages of the Cycle:

Initial Shock and Denial
The first response to workplace adversity is often one of disbelief or denial. This reaction serves as a psychological buffer, protecting us from the full impact of the situation. It's a phase where the reality of workplace bullying or conflict feels surreal, leading to a temporary state of numbness or denial about the severity of the situation.


Example: Discovering you're the target of workplace bullying may initially feel unreal, prompting thoughts like, "This can't be happening at my job."

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The Reframing Map Example

Feeling boxes (Insights/Actions)

- From Feeling Undermined to Feedback as a Gift:** "I will note down the feedback to work on it, showing my commitment to personal growth."
- From Feeling Undermined to Sign of Inclusion:** "I'll express gratitude for the feedback and ask for specific examples to better understand and improve."
- From Feeling Undermined to Test of Resilience:** "I'll reflect on each meeting as a learning point, journaling how I've grown and what strategies I've implemented."



The Reframing Map Example

Challenge/Negative Thought Circle
Content Reframing Circle
Content Reframing Square
Feelings and Emotion Boxes

Feeling undermined at team meetings.

Over time, these challenges can strengthen my resilience and adaptability.

The feedback is not personal. It's an opportunity to grow and excel in my career.

Being asked for my opinion shows I am valued, even if the feedback is tough.

This situation is testing and building my resilience, preparing me for future leadership roles.

From Feeling Undermined to Feedback as a Gift: "I will note down the feedback to work on it, showing my commitment to personal growth."

From Feeling Undermined to Sign of Inclusion: "I'll express gratitude for the feedback and ask for specific examples to better understand and improve."

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LET'S HAVE A GO

Step 3: Analyse Each Perspective:
For each listed perspective, consider the following questions:
 1. What are the core beliefs or assumptions underlying this perspective?
 2. How does this viewpoint affect the individual's emotions and actions?
 3. What aspects of this perspective might be helpful or limiting?

Step 4: Synthesise Insights:
Look for common themes or insights across the different perspectives. Identify any gaps between your perspective and others, and consider how understanding these viewpoints can inform a more balanced approach to the issue.

Step 5: Develop Action Steps:
Based on your analysis, outline actionable steps you can take to address the challenge from a more informed, empathetic, and constructive standpoint.

By engaging in perspective mapping, you'll not only gain a deeper understanding of the dynamics at play but also equip yourself with the insights needed to navigate workplace challenges more effectively, fostering an environment of empathy, cooperation, and growth.

THE ISSUE

What are the different perspectives you could have?




Why might you feel or think this way?

What have you learnt from exploring these different perspectives?

How could you approach the issue now you have this insight?

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Strategies for Perspective Shifting
Best Tips to Achieve an Empowering Shift

- 1 Embrace Curiosity**  Approach your thoughts and feelings with curiosity instead of judgment. Ask yourself, "What can I learn from this situation?" This mindset encourages growth and opens up new avenues for understanding.
- 2 Embrace Curiosity**  Start and end your day by listing three things you're grateful for. This simple practice can shift your focus from what's lacking to the abundance that exists in your life, fostering a more positive outlook.
- 3 Seek Out Positive Influences**  Surround yourself with people who embody the mindset you aspire to adopt. Their positive energy and outlook can

SERVICE DELIVERY PROCEDURE

Initial Actions Upon Receiving a Referral

Booking and Conducting the Initial Session – Intake Week. Complete the Injustice Experience Questionnaire. Provide Client with their workbook.

Ongoing Weekly Sessions – 1 – 8 Weeks of the Program. Delivered via telehealth or face to face. 45 – 60 min coaching session. Homework set between sessions for further learning and reflection. Post session updates provided to referrer on key themes.

Final Session and Re-screen with injustice experience questionnaire. Program closure summary provided to referrer.

PHOENIX: RISE AFTER INJURY

Empowering Recovery and Resilience



Introducing ELEV8 Consulting's "Phoenix – Rise After Injury," a pioneering adjustment to injury and illness counselling service designed to support individuals through their journey of recovery.

This bespoke program addresses both the physical and psychological aspects of rehabilitation, recognising the complex and multifaceted nature of recovery.

PHOENIX: RISE AFTER INJURY

The program focus points

Our program focuses on:

- **Identifying the Position in the Cycle of Acceptance:** Helping individuals understand their current stage in the acceptance process and setting realistic goals to progress in their recovery journey.
- **Harnessing the Power of Resilience:** Empowering individuals to build resilience and move forward from their injury, embracing the strengths and resources they have.
- **Cultivating a Growth Mindset:** Encouraging a mindset focused on growth and learning, enabling individuals to view challenges as opportunities for development.
- **Navigating Emotional Challenges:** Providing support and strategies to manage the emotional challenges that arise from injury, fostering emotional well-being and psychological health.

PHOENIX: RISE AFTER INJURY

Our evidenced based approach

Adjustment to injury counselling offers numerous benefits for individuals recovering from an injury or illness:



Reduction in Psychological Distress: Adjustment to injury counselling **helps reduce psychological distress** by addressing anxiety, depression, and post-traumatic stress disorder. This facilitates a smoother and more sustainable return to work by providing emotional and psychological support (WorkSafe Queensland



A **growth mindset encourages individuals to view challenges as opportunities for growth, enhancing their resilience and ability to cope with setbacks.** This mindset shift is vital for a positive recovery journey (Promises Behavioral Health, 2021; Verywell Mind, 2023).

References:

- WorkSafe Queensland. (2023). Adjustment to Injury Counselling. Retrieved from [WorkSafe Queensland](#)
- Promises Behavioral Health. (2021). The Power of a Growth Mindset in Recovery. Retrieved from [Promises Behavioral Health](#)
- Verywell Mind. (2023). Growth Mindset: Characteristics, Benefits, and How to Cultivate It. Retrieved from [Verywell Mind](#)



PHOENIX: RISE AFTER INJURY

Our evidenced based approach



Studies on psychological distress after injuries, highlight the importance of acceptance. Accepting the injury and its implications is a critical step in **reducing psychological distress and improving rehabilitation outcomes** (MSKTC, 2023).



Research on injury recovery emphasises that **moving through the stages of acceptance enables patients to engage more effectively in rehabilitation therapies**. This engagement is crucial for successful recovery and returning to pre-injury levels of functioning (PLOS ONE, 2023).

References:

- MSKTC. (2023). Psychological Distress After Burn Injury. Retrieved from [MSKTC \(MSKTC\)](#).
- PLOS ONE. (2023). Patients' experiences and wellbeing after injury: A focus group study. Retrieved from PLOS ONE ([PLOS](#)).

PHOENIX: RISE AFTER INJURY

Each Client receives their own workbook to guide reflection and cement learnings between sessions

CYCLE OF ACCEPTANCE AND ILLNESS



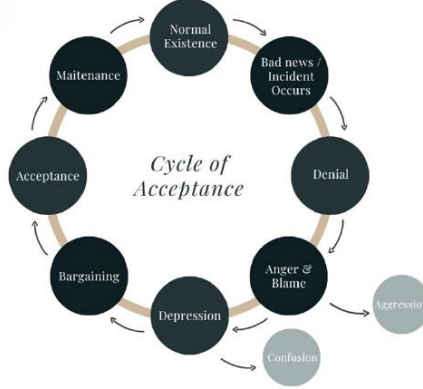
Life has a way of throwing unexpected challenges our way, and adapting to them isn't always a straightforward process. When facing life-altering events like injury or illness, our emotions can resemble a rollercoaster ride. To help make sense of this emotional journey, we have the Cycle of Acceptance—a kind of roadmap through the ups and downs of change.

Think of it as a series of chapters, each one reflecting a different phase of your experience. The cycle offers insights into the natural flow of emotions, acting as a steady guide during times of uncertainty.

As we walk through each stage of the cycle, from the initial shock to the eventual acceptance, picture it as a companion—a friendly guide that understands the twists and turns of the human emotional landscape. It's not a linear path but a process, and understanding it can offer a bit more clarity as you navigate through the complexities of change.

So, let's take a closer look at the Cycle of Acceptance. Together, we'll explore the stages, from the initial surprise to the acceptance that comes with time. It's a journey that unveils the strength and resilience within each of us, helping us find our way through the changes that life throws our way.

THE CYCLE OF ACCEPTANCE



Understanding the intricacies of the Cycle of Acceptance offers a profound insight into the emotional journey of adjusting to injury or illness. It serves as a companion, guiding you through the varied landscapes of emotion, providing waypoints for self-reflection, and ultimately leading you towards a place of acceptance and resolution. As you navigate through these stages, remember that each one is a vital part of your unique journey, contributing to the tapestry of your personal growth and adaptation.

PRACTICAL EXERCISE

Assessing and Enhancing Your Growth Mindset

This exercise is designed to help you evaluate your current mindset practices and identify areas for improvement. By reflecting on your strengths and challenges, you can develop a more focused approach to cultivating a growth mindset, particularly in the context of adjusting to an injury or illness. Let's begin.

Part 1: Self-Assessment

Instructions: Review the strategies listed below. For each strategy, rate how well you think you currently implement it in your life on a scale of 1 to 5, where 1 is 'not at all' and 5 is 'very well.'


Embrace Challenges	Set Learning Goals
Reframe Your Thoughts	Practice Self-Compassion
Celebrate Effort Over Outcome	Surround Yourself with Growth-Minded Individuals
Learn from Failure	Reflect on Past Successes
Seek Feedback Constructively	Adopt a Flexible Approach
Cultivate Curiosity	Visualise Success

PART 2: IDENTIFYING GROWTH OPPORTUNITIES

Instructions: Based on your self-assessment, answer the following questions to identify which growth mindset strategies you might benefit from introducing or strengthening in your life.

Which strategies do you currently implement well? List the strategies where you rated yourself a 4 or 5.

Which strategies could serve a purpose for you if introduced or strengthened? Identify the strategies where you rated yourself a 3 or below and believe that improving them would significantly impact your adjustment process.



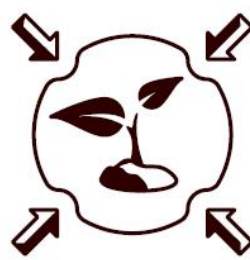
Applying your Resilience Tools and Skills

Have you been able to identify any existing or new resilience tools and skills?

How can you apply the lessons and qualities from your resilience experience to navigate challenges in future?

What specific strategies can you create based on your resilience sources to work related hurdles?

What specific strategies can you create based on your resilience sources to non-work related hurdles?



WHAT RESILIENCE MAY MEAN TO YOU

- Adaptability in the face of change
- Bouncing back from set backs
- Staying positive in difficult times
- Learning and growth from experiences
- Maintaining purpose and direction

Low vs. High Resilience

When resilience is low, individuals may find it challenging to bounce back from setbacks. There might be a sense of prolonged distress, a feeling of being overwhelmed, and a difficulty in adapting to change. On the other hand, high resilience fosters a more positive response to challenges. It involves a quicker recovery, a proactive approach to problem-solving, and an overall ability to navigate adversity with greater ease.

The Importance of Resilience

The importance of resilience cannot be overstated. In the face of life's inevitable ups and downs, resilience acts as a protective shield for your mental well-being and work readiness. It's a crucial skill that not only helps you endure challenges but also enables you to learn and grow from them. As we explore the sources of resilience in your life, you'll discover how this quality can be harnessed as a guiding force, not only in your return to work but in all aspects of your personal and professional journey.

SERVICE DELIVERY PROCEDURE

Initial Actions Upon Receiving a Referral

Booking and Conducting the Initial Session – Intake Week. Complete the Brief Cope & Illness Cognition Questionnaire Provide Client with their workbook.

Ongoing Weekly Sessions – 1 – 6 Weeks of the Program. Delivered via telehealth or face to face. 45 – 60 min coaching session. Homework set between sessions for further learning and reflection. Post session updates provided to referrer on key themes.

Final Session and Re–screen with the initial questionnaire. Program closure summary provided to referrer.

REFERRING FOR THE HEALTH COACHING PROGRAMS

Referral Pathways

- As a single, discrete service
- As part of an ongoing rehab service to support recovery and return to work
- face to face and telehealth delivery modes available



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VITALITY VOYAGE PROGRAM

Enhancing Health and Capacity through Holistic Wellness



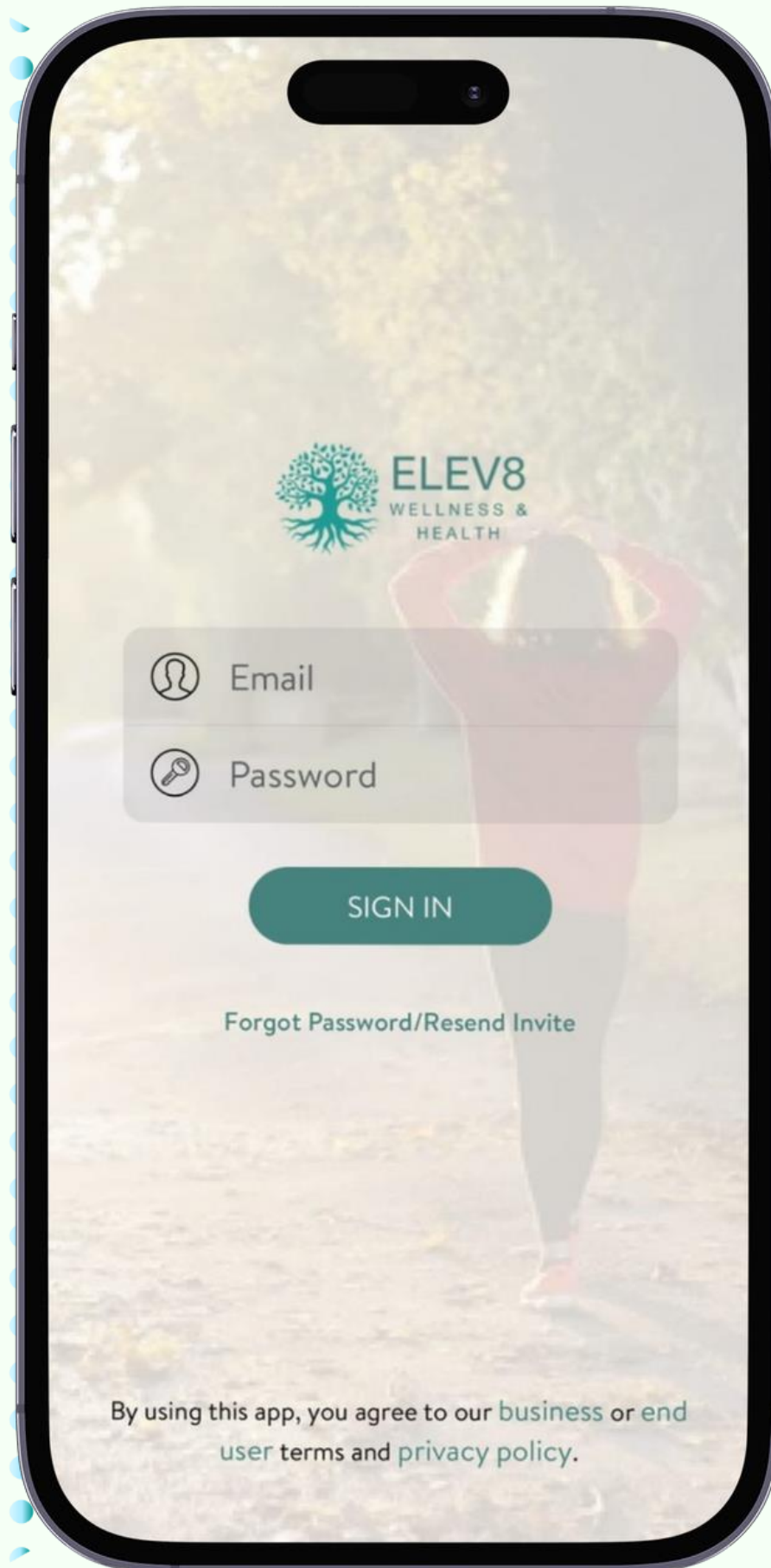
INTRODUCTION TO THE PROGRAM

Overview of the Vitality Voyage Program

Welcome to the **Vitality Voyage Program**, a revolutionary wellness initiative designed to support individuals on their journey to better health and increased capacity.

This program is specifically crafted to address the unique needs of those facing mental health challenges and chronic conditions such as chronic pain, long COVID, and chronic fatigue.





TARGET AUDIENCE

The Vitality Voyage Program is expertly tailored for:

- ✓ Individuals grappling with poor mental health
- ✓ Those with chronic illnesses, including chronic pain, long COVID, and chronic fatigue

Our goal is to provide a lifeline towards recovery and empowerment, offering structured support and guidance to help participants achieve their health and wellness goals.

NEED FOR THE PROGRAM

Statistics and Research on the Benefits of Physical Activity for Mental Health

- ✓ Physical activity **significantly improves mental health**, reducing symptoms of depression and anxiety with **effects comparable to psychotherapy and antidepressants** (British Journal of Sports Medicine, 2022). It also enhances overall quality of life.

Evidence Supporting the Integration of Exercise and Psychosocial Activities

- ✓ Combining exercise with **psychosocial activities promotes positive mental health and reduces anxiety**. Studies show that goal-directed activities like those in the Vitality Voyage Program help reduce rumination in depression.



Evidence Supporting the Integration of Exercise and Psychosocial Activities



Research shows that **physical activity significantly reduces depression** and anxiety, boosts mood, enhances quality of life, and lowers stress.



Research shows that **exercise reduces depression symptoms similarly to psychotherapy or antidepressants** and more effectively than no treatment, placebo, or active controls.



Exercise can provide immediate anxiety relief after a session and serve as a long-term solution for managing anxiety.



Evidence Supporting the Integration of Exercise and Psychosocial Activities



An **effective exercise regimen for depression and anxiety includes both aerobic and resistance training**, with four to five 30–45 minute sessions each week.



Recent Australian research suggests **yoga and strength training significantly reduce symptoms of depression** and declining mental health.



Walking, yoga and strength training have been found to be **as effective as cognitive behavioural therapy** and more effective than anti-depressant medication alone.

Importance of Addressing Both Mental and Physical Health

Holistic wellness programs like the Vitality Voyage Program address mental and physical health together, ensuring more effective and sustainable recovery.

This approach is supported by Australian research, which indicates that activities such as yoga and strength training can be as effective as cognitive behavioural therapy and more effective than antidepressant medication alone in reducing symptoms of depression and anxiety.

REFERENCES:

- **British Journal of Sports Medicine (2022).** "Exercise as medicine for depressive symptoms? A systematic review and meta-analysis with meta-regression."
- **Mayo Clinic.** "Depression and anxiety: Exercise eases symptoms."
- **BMC Public Health (2023).** "Effect of exercise intervention on depression in children and adolescents: a systematic review and network meta-analysis."
- **BMJ (2023).** "Effect of aerobic physical activity on anxiety and depression in adults with a range of chronic conditions: systematic review and meta-analysis."
- **John W. Brick Foundation.** "Move Your Mental Health Report."

PROGRAM STRUCTURE

INITIAL COMPREHENSIVE ASSESSMENT



The **Vitality Voyage Program** starts with a one-hour assessment to understand participants' current state and goals, complete waivers, and introduce the program's structure. This assessment ensures each participant's unique needs are identified from the start.

We conduct baseline measurements using a variety of **biopsychosocial screening tools**, including:

- ✔ Depression, Anxiety, and Stress Scale (DASS)
- ✔ World Health Organisation Disability Assessment (WHODAS)
- ✔ Community Integration Questionnaire

This approach allows us to track program success and make data-driven adjustments to ensure the intervention meets the individual's evolving needs. By using screening tools, we monitor changes in mental health, disability status, and community integration.

PROGRAM STRUCTURE

PERSONALISED PROGRAM CUSTOMISATION
BASED ON INDIVIDUAL NEEDS

After the initial assessment, **the program is then tailored to each participant** by adjusting weekly themes and activities to align with their goals and progress, ensuring effectiveness and relevance.



KEY FEATURES OF THE PROGRAM

Weekly Themes, Activities, and Educational Insights

Holistic Weekly Themes

Each week introduces a new wellness theme, covering topics like chronic pain education, energy conservation, nutrition, sleep, and social engagement for a holistic approach to health.

Each topic we include a number of key behavioural activation tasks + habit habit-stacking activities to promote healthy behaviours.

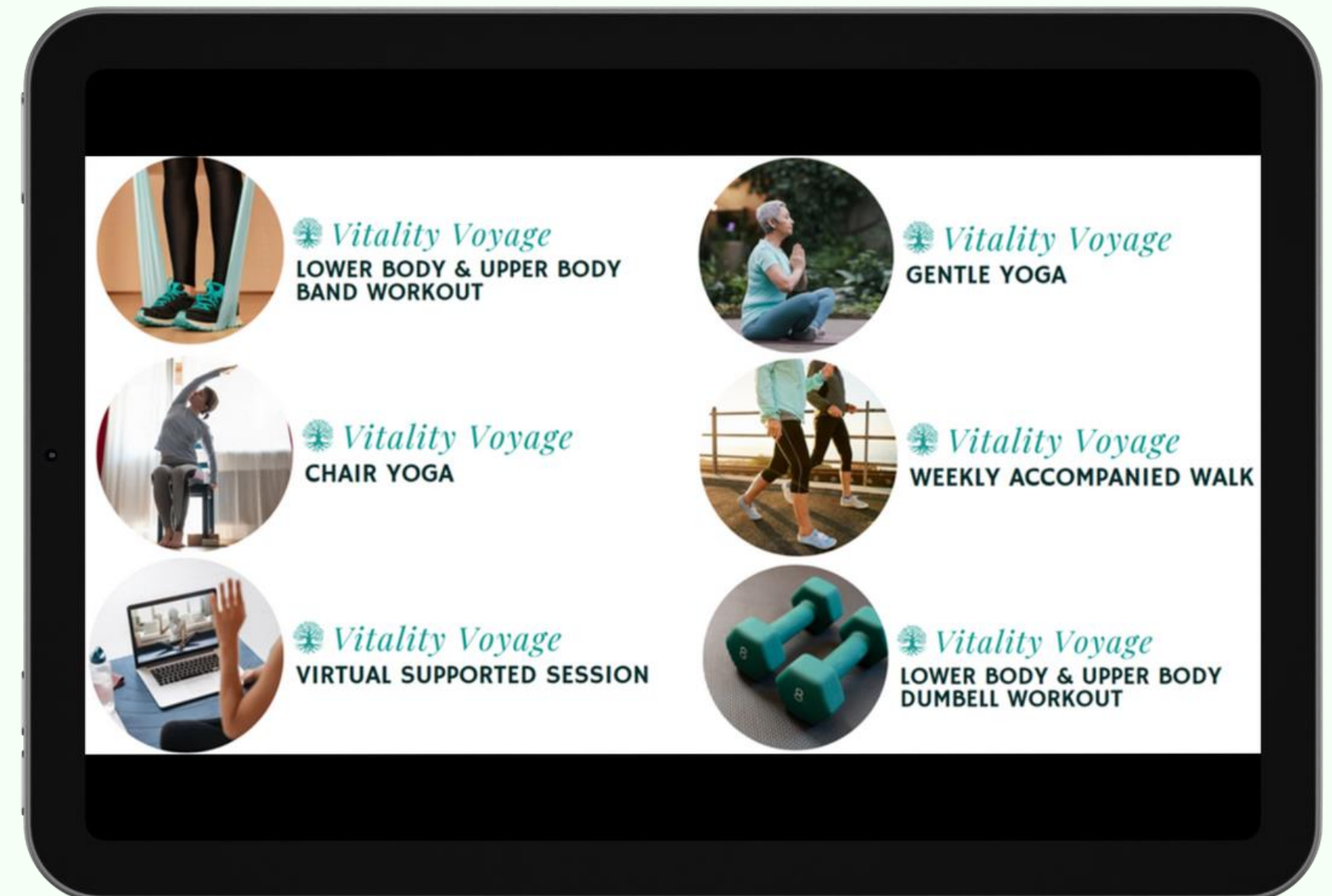


KEY FEATURES OF THE PROGRAM

Weekly Themes, Activities, and Educational Insights

Engaging Activities

Participants engage in accompanied walks, virtual exercise sessions, and home-based exercises to promote physical and mental health.



APP INTEGRATION

INTRODUCTION TO THE ELEV8 WELLNESS AND HEALTH APP

The **ELEV8 Wellness and Health App**, a key part of the Vitality Voyage Program, offers seamless access to resources and support, enhancing participant engagement and motivation.



APP INTEGRATION

FEATURES OF THE APP

Access to Program Materials

Participants can access all program materials, including weekly themes, educational content, exercise plans, and homework assignments, conveniently through the app. All necessary information is readily available at their fingertips.

Tracking Capabilities

The app's robust tracking features let participants monitor their progress in real-time, log activities, track goals, and receive instant feedback, helping them stay motivated and on course.

Continuous Support

The app enables regular communication between participants and coaches, offering reminders, motivational messages, and check-ins to keep participants motivated and engaged.

APP INTEGRATION

BENEFITS OF USING THE APP FOR MAINTAINING ENGAGEMENT AND ACCOUNTABILITY

Enhanced Engagement

The app's user-friendly interface and interactive features keep participants engaged by centralizing all program activities and materials, ensuring active involvement in their wellness journey.

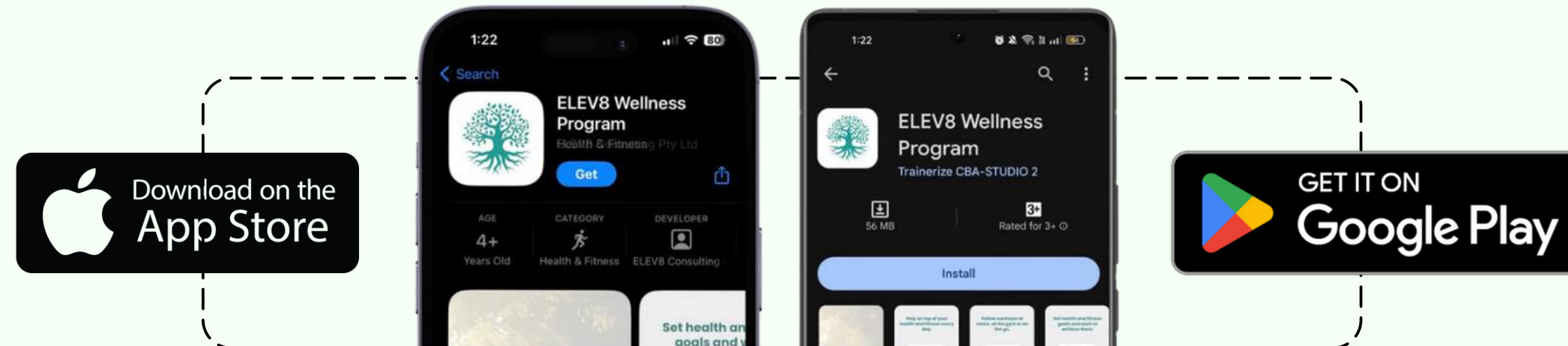
Improved Accountability

The app's tracking and feedback features enhance accountability by allowing participants to monitor progress, set reminders, and receive feedback, while also enabling coaches to provide timely interventions.

Convenience and Accessibility

The app offers easy, anytime access to the program, making it ideal for busy participants and ensuring constant availability of support and resources.

Our app is **available on both the Apple App Store and Google Play Store**, offering a range of features designed to enhance the participant's rehabilitation experience.



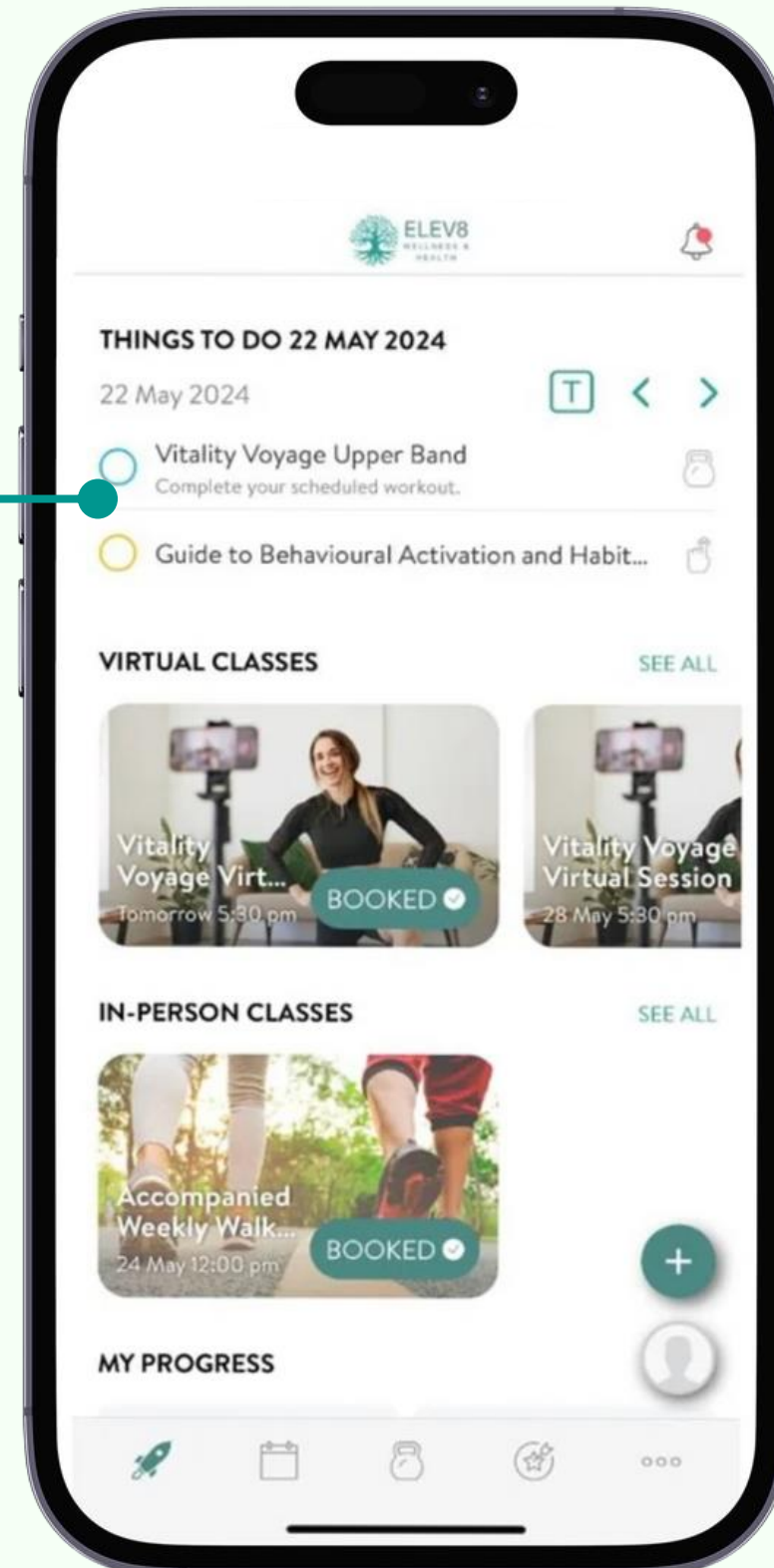
The app **supports integration with various smart devices, such as Apple Watches and Garmin watches**, enabling participants to seamlessly track their activity and progress.



Our app offers a range of features designed to enhance the participant's rehabilitation experience. With the app, participants can:

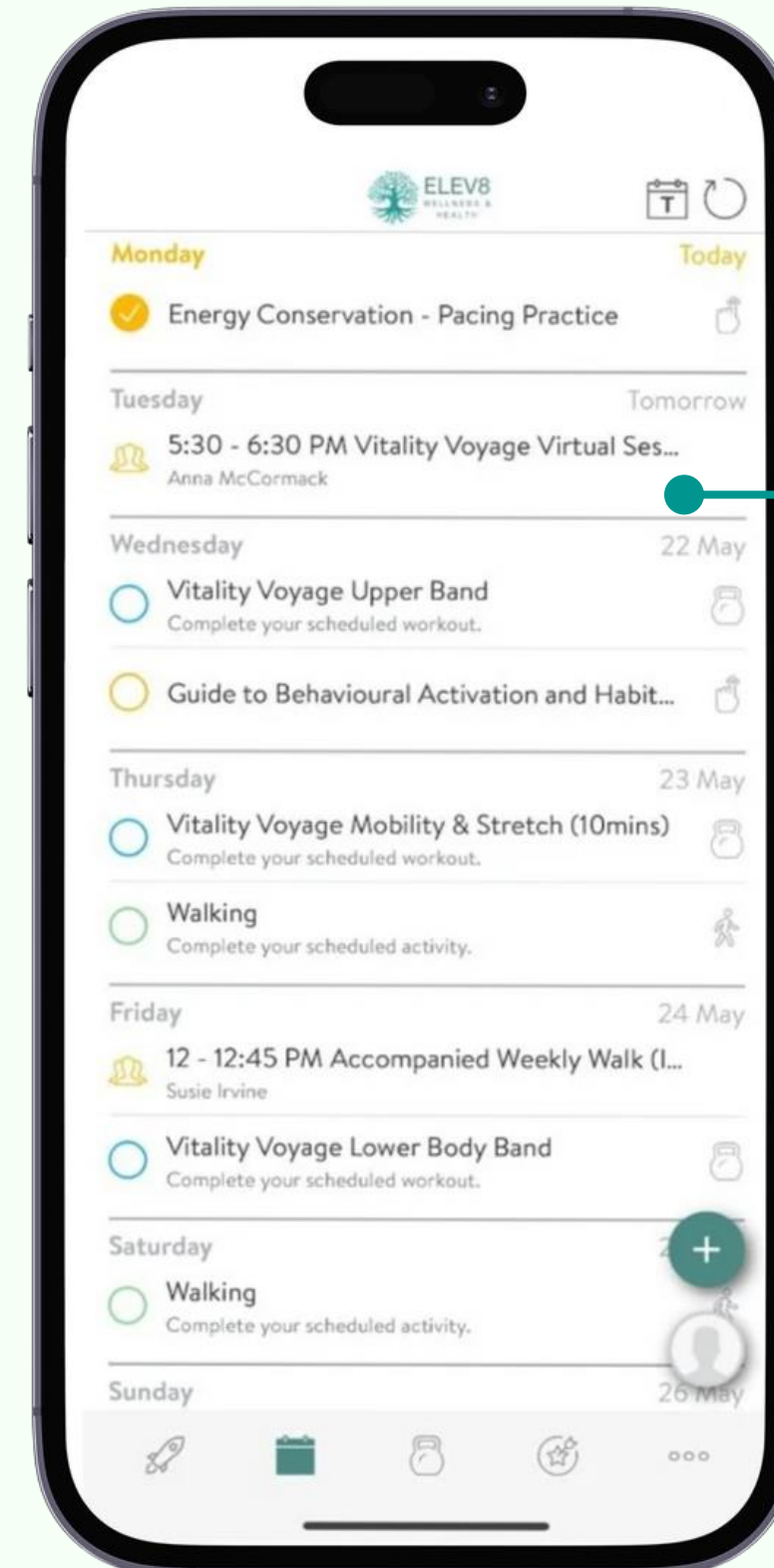
View Booked Sessions

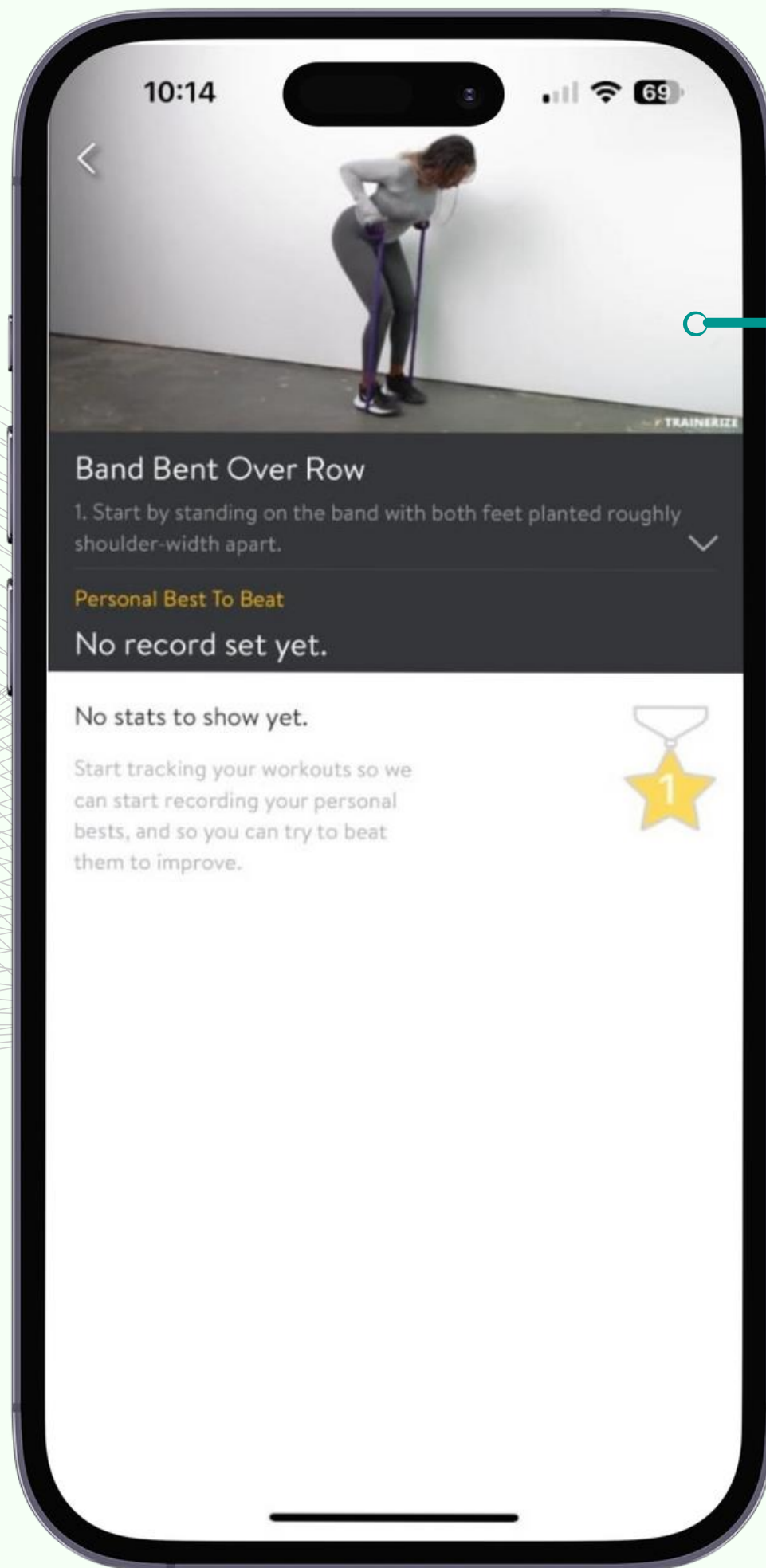
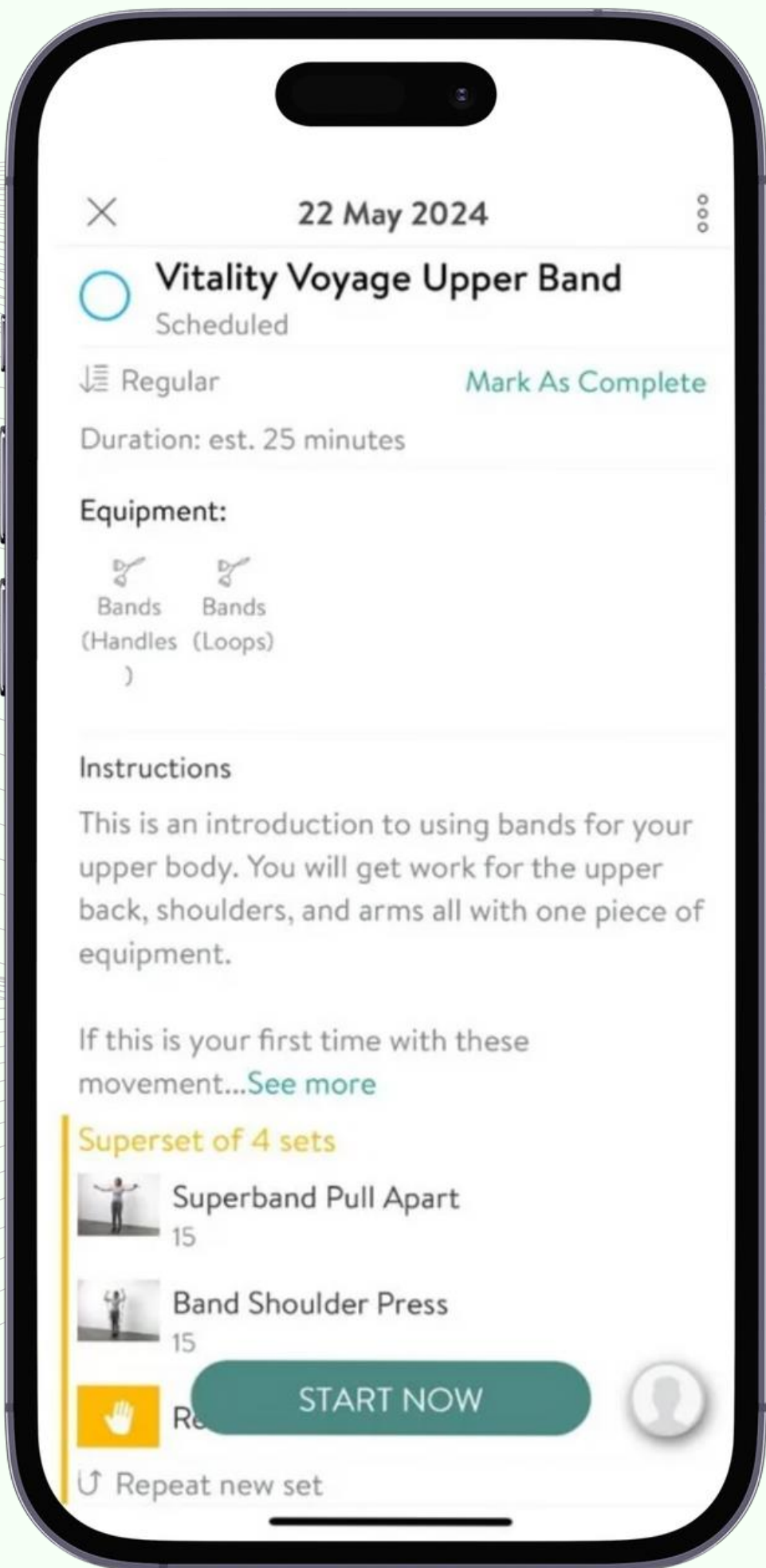
Easily see when their sessions are scheduled, whether they are virtual appointments or accompanied walks. This helps them stay organised and ensures they never miss a session.



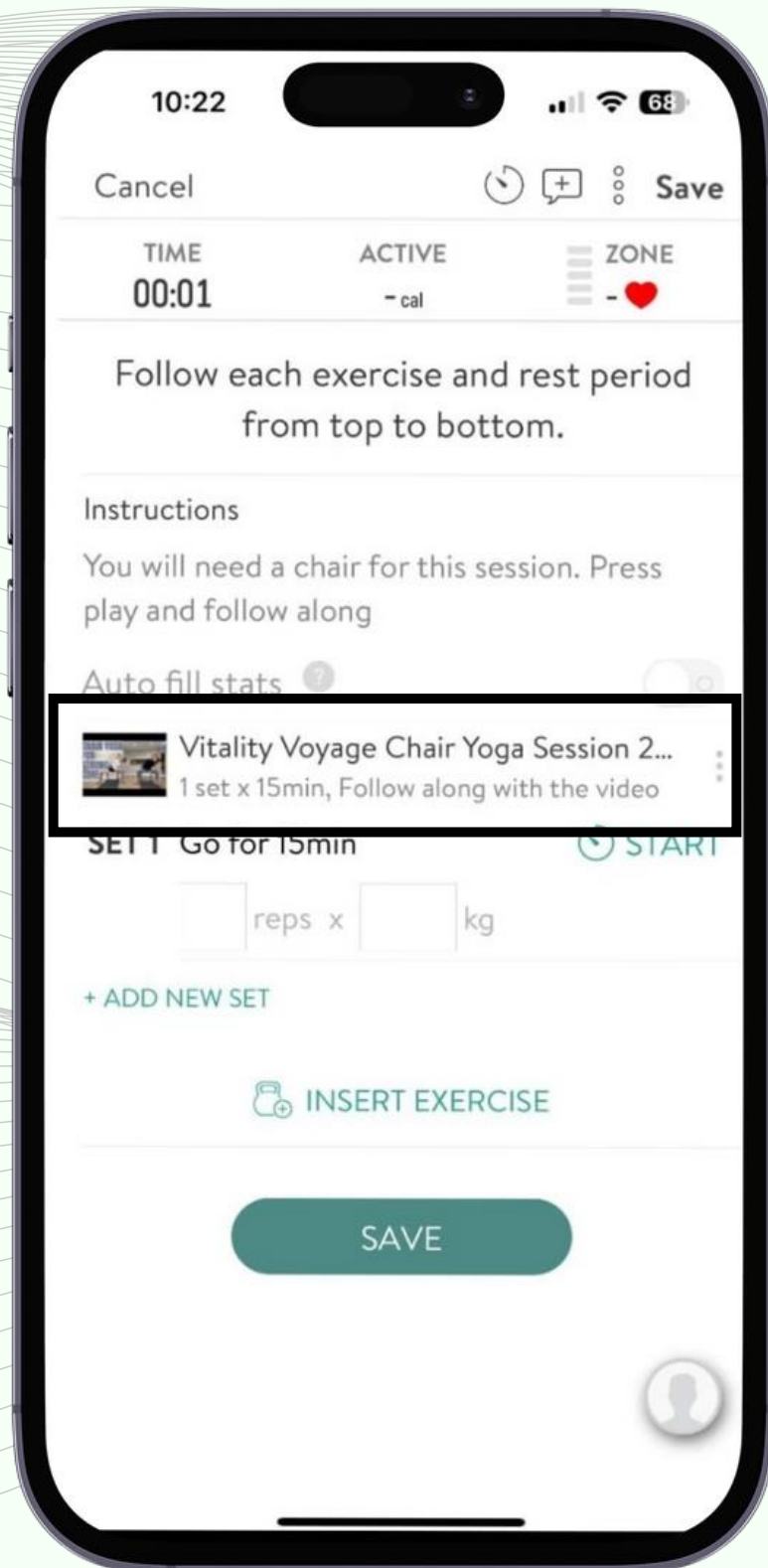
Access Daily Activities

Through a visual calendar, participants can access their daily activities and keep track of their progress.

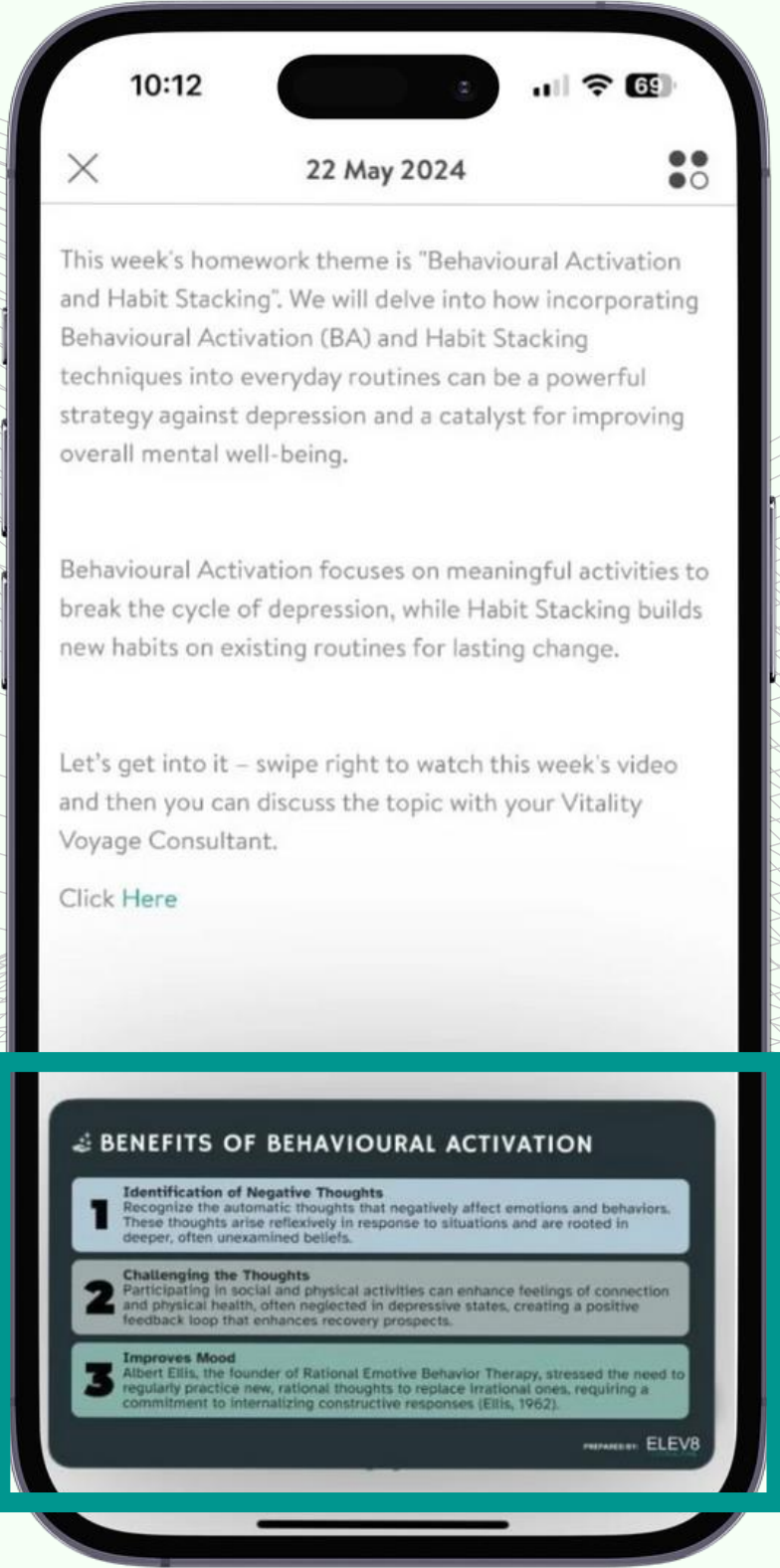




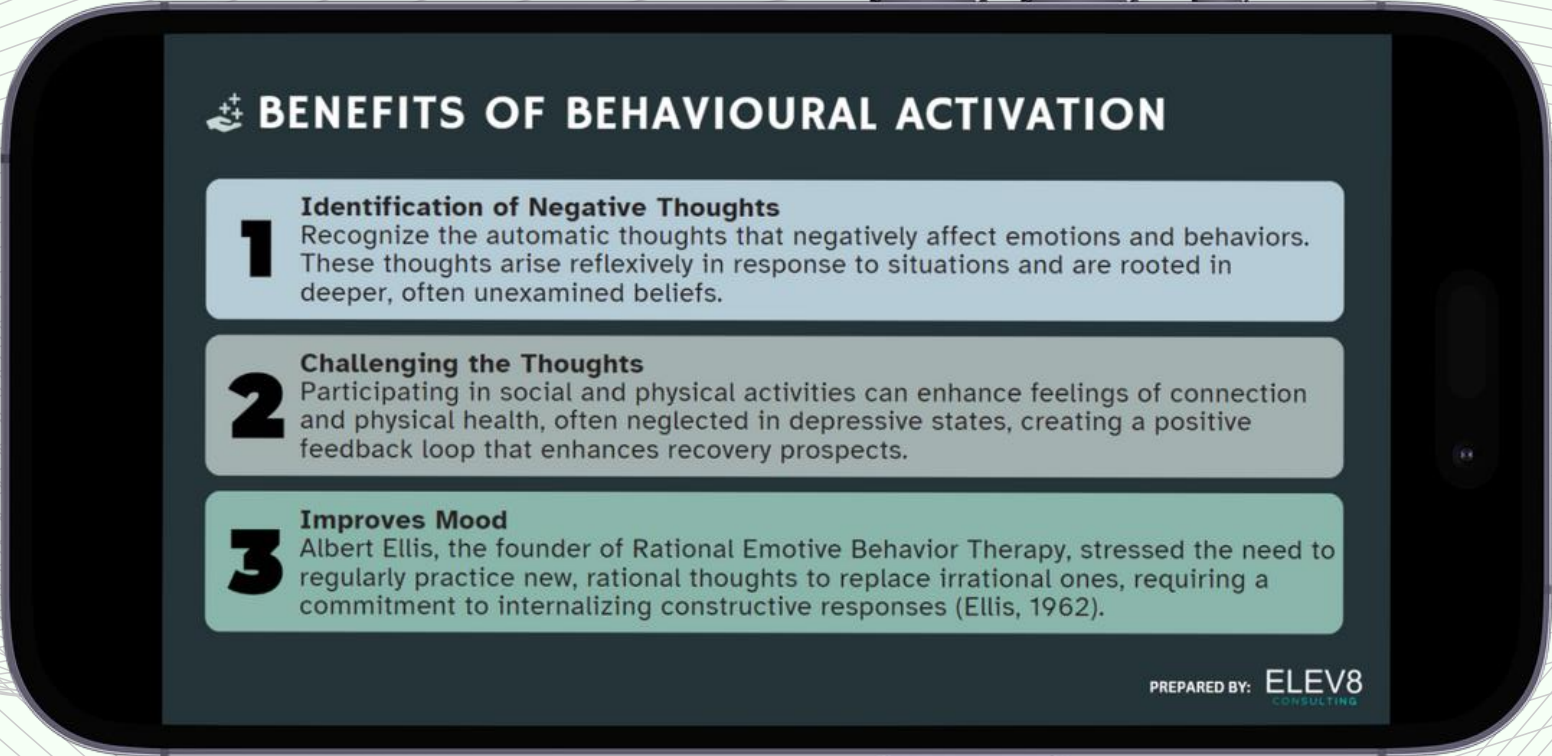
The app also provides **informative videos for each workout**, offering clear instructions and demonstrations to support their exercise routines.



Users can watch videos directly on their phone through the app.

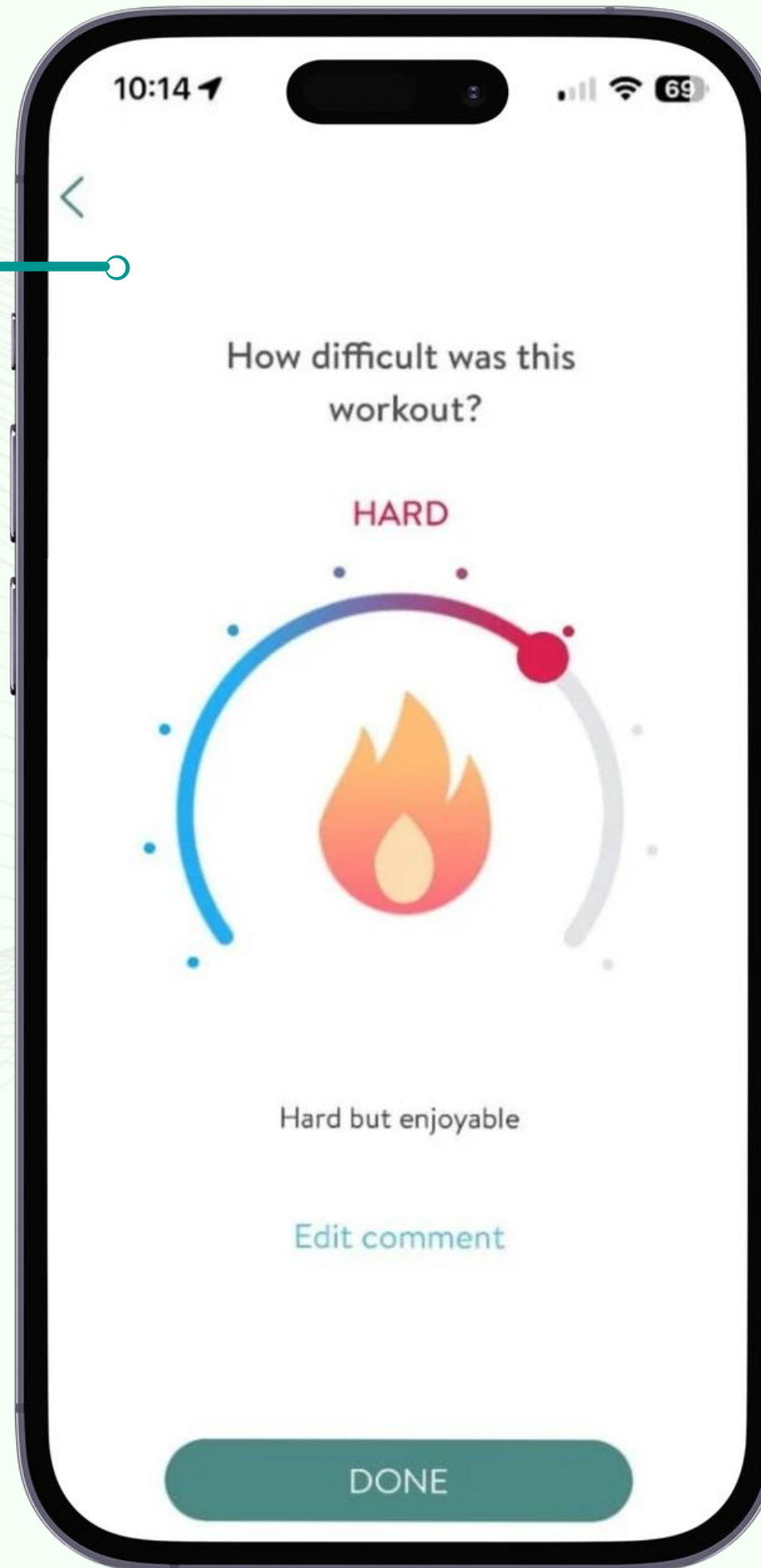


Get access to exclusive materials.



Rate Exercises and Provide Feedback

Participants can rate their exercises and provide feedback, giving us a clear understanding of their experience. This feedback is invaluable for making any necessary adjustments to the program, ensuring it meets their needs effectively.



Receive Positive Messages

Upon completing a workout, participants receive positive messages to encourage ongoing compliance and motivation.



Great job!

Keep it up!

SERVICE DELIVERY PROCEDURE

Initial Actions Upon Receiving a Referral

**Booking and Conducting the Initial Session –
Intake Week**

**Ongoing Weekly Sessions – 1 – 6 Weeks of
the Program**

Final Session and Closure Activities

SERVICE DELIVERY PROCEDURE

Initial Actions Upon Receiving a Referral

Referral Action

Upon receiving a referral, our skilled physiotherapists and exercise physiologists promptly contact the referrer to introduce themselves and request relevant background information.

They reach out to the client within 24 hours to introduce themselves, explain the program, and arrange the initial session.



SERVICE DELIVERY PROCEDURE

Booking and Conducting the Initial Session – Intake Week

Scheduling

Our physiotherapists and exercise physiologists send a calendar invite for the initial session.

Initial Session

During the initial intake session – “Vitality Discovery Intake Session Form,” our team sets personalised goals, identifies weekly homework themes, discusses equipment access, uses the ELEV8 Wellness and Health App, completes biopsychosocial screens, and books weekly sessions.

Building of Tailored Program

After the initial session, participants receive a tailored program via our app within 24–48 hours.

SERVICE DELIVERY PROCEDURE

Ongoing Weekly Sessions – 1 – 6 Weeks of the Program

Accompanied Walks and Telehealth Coaching

Each week, participants join an accompanied walk and a telehealth exercise session with our physiotherapists or exercise physiologists, discussing weekly themes, program adjustments, and setting homework for physical and mental growth.

Homework Discussions

Weekly sessions cover homework, chronic pain education, energy conservation, nutrition, and sleep. The program is adjusted based on participant progress and feedback.

SERVICE DELIVERY PROCEDURE

Final Session and Closure Activities

Final Session



In the final session, our physiotherapists re-complete questionnaires with the client, discuss achievements, and evaluate progress.

They provide instructions for independently continuing the program using the ELEV8 app for four more weeks.



TESTIMONIALS AND SUCCESS STORIES



Hearing directly from those who have participated in the **Vitality Voyage Program** offers valuable insights into its effectiveness and impact.

Here are testimonials from participants who have experienced significant benefits from the program, illustrating how it has transformed their lives. [→](#)

TESTIMONIALS AND SUCCESS STORIES

"Before starting the Vitality Voyage Program, I was fearful of walking alone and rarely ventured out. The program, along with the ELEV8 Wellness and Health App, gave me the confidence to believe in my abilities. Now, I walk daily, rain, hail, or shine. This newfound independence has been life-changing for me." — **Jane P.** ★★★★★

"I used to experience significant physical symptoms of anxiety, including frequent shaking. Since joining the Vitality Voyage Program and using the ELEV8 app, I've noticed a remarkable reduction in these symptoms. The structured exercises and support have greatly improved my mental health and overall well-being." — **Sarah B.** ★★★★★

"The weekly homework topics in the Vitality Voyage Program were incredibly beneficial, particularly the behavioural activation exercises. These activities helped me establish a routine, which was crucial for my successful return to work. The program's holistic approach provided the structure and motivation I needed." — **Emma R.** ★★★★★

POSITIVE RESULTS

Our data demonstrates significant improvements across various metrics, highlighting the effectiveness of the Vitality Voyage Program:

✔ **Reduced DASS Scores:** Significant improvements in mental health as evidenced by lower Depression, Anxiety, and Stress Scale (DASS) scores.

✔ **Increased Community Integration Scores:** Enhanced social engagement and participation, reflected in higher Community Integration Questionnaire (CIQ) scores.

✔ **Reduced Signs of Disability:** Notable reduction in disability signs as measured by the World Health Organisation Disability Assessment Schedule (WHODAS) scores, comparing pre- and post-program assessments.

These results underscore the program's impact on participants' mental health, social integration, and overall functionality.

CHARACTERISTICS OF SUITABLE REFERRALS

When considering referrals for the Vitality Voyage Program, it is essential to identify clients who will benefit most from its comprehensive and supportive approach.

Key indicators include the following characteristics →

Suffers from Chronic Pain, Chronic Fatigue, or Poor Mental Health

Loss of Confidence in Abilities and Function

Psychosocial Rehabilitation Goals

Preparing to Return to Work in the Near Future

Current Treatment Modalities Are Not Reaping Expected Benefits

Need for Structured and Adaptable Wellness Framework



SUMMARY OF THE PROGRAM'S BENEFITS

🔗 Holistic Wellness Approach

The Vitality Voyage Program addresses both mental and physical health, offering a structured yet adaptable framework tailored to individual needs.

🔗 Personalised Support

Participants receive continuous guidance from skilled physiotherapists and exercise physiologists, with personalised goal-setting and regular check-ins to ensure progress.

🔗 Technological Integration

The ELEV8 Wellness and Health App enhances engagement and accountability, providing easy access to program materials and progress tracking.

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