

byte-size WELLNESS ACADEMY

FOUNDING MEMBER

If you want to up-level your self-care but don't have the time because you're too busy taking care of others, **Byte-Size Wellness Academy (BSWA)** is for you.

This evidence-based, micro-learning program cuts through the information clutter and makes it easy to fit wellness into your busy everyday life – one micro-step at a time. All information is delivered to desktops and mobile devices in short, digestible bytes.

Byte-Size Wellness Academy will take you on a transformative journey from **no energy to revitalized and resilient in 5 steps**:

- 1 **Prioritize self-care**
- 2 **Find balance**
- 3 **Kick-start healthy habits** (healthy eating, sleep hygiene, exercise and mindfulness)
- 4 **Change the mindset**
- 5 **Self-coach training**

BSWA is a self-guided program that includes group coaching in **REVIVE**, a private membership group to answer questions, provide additional support, feature guest experts (registered dietitian, sleep scientist etc.) and help you put what you learn into practice.

By the end of the program, you will be equipped with all the tools you need to take charge of your health, embody wellness and become your own coach - navigating COVID-19 and beyond with agility, vitality, resilience and ease.



WHAT'S INSIDE

BYTE-SIZE WELLNESS ACADEMY

VIDEO LESSONS

Short buildable video lessons (2.5-10 minutes per video lesson) with foundational information to guide you along your wellness journey.

REVIVE: COMMUNITY-SUPPORTED MEMBERSHIP GROUP

Group coaching, Q & A, live discussions and guest experts to help you implement what you learn in BSWA and get results easier and faster.

PRACTICAL, ACTIONABLE INFORMATION RESOURCES

References guides and resources, worksheets, healthy lifestyle tip sheets, checklists, FAQ & myth buster sheets, planning sheets, wellness vision statements & more!

CERTIFICATES OF COMPLETION

6 beautifully designed Certificates at the end of each module and end of program.

VIDEO MICRO-BREAK LIBRARY

Short, sweat-free 5-minute stretch, deskercises, office yoga and mindfulness video micro-breaks to do at your desk or workstation. Videos can also be used as energy boosters at work meetings, training sessions and conferences.

TELE-HEALTH FITNESS

Pole walking and other out-of-the-box ways to stay healthy and fit at home during COVID-19 and beyond.

BONUS: THE ULTIMATE GUIDE FOR CREATING A HEALTHY MEETINGS CULTURE

Video lesson and accompanying 20-page Guide packed with tips for creating a healthy meeting experience and overcoming roadblocks clients or attendees may have.

PLUS: Unlimited use of video micro-break library (stretch, yoga, mindfulness videos) to keep participants engaged and energized during meetings and events (virtual or live).



BSWA will help you coach yourself to better health – without the stress of figuring out how to get started.

Coach Yourself to Better Health

SUCCESS PATH

NO ENERGY



COVID-19: Your routines have shifted and boundaries at home are blurred. Work and family life is a juggling act and your energy is zapped. You're ready to reset and create a more balanced, resilient, revitalized life.

PRIORITIZE SELF-CARE



You often put others' needs before your own. Taking care of yourself is last on your "to do" list. You want to prioritize your health and well-being but don't know how to do it.

FIND BALANCE



There are days when you work long hours but get less done. Balancing energy and time is a juggling act. You know you need to find balance, be more resilient and present. Everyone talks about mindfulness but you don't know how to practice it.

KICK-START HEALTHY HABITS



You're ready to up-level your health and develop healthy habits: clean eating, sleep hygiene, exercise, yoga, etc. You want to boost immunity and build physical and mental resilience as you navigate COVID-19, but don't know where to start.

CHANGE YOUR MINDSET



Sometimes along your wellness journey you hit a roadblock: your mindset. You think that you don't have the time, energy, motivation, confidence etc., but know you need to re-train your brain, change your mindset and this "all-or-nothing" thinking so that wellness becomes your way of life.

BE YOUR OWN WELLNESS COACH



You're making self-care a habit, a ritual and a way of life. You're able to handle roadblocks that come up along your wellness journey – with confidence and ease. Congrats, you have now become your own wellness coach!
Keep moving forward!

6 REVITALIZED

You're bursting with energy and **agility** and feel amazing. You are more engaged, **resilient** and productive at work and have more time to enjoy family and outside interests. You finally cracked the code during COVID-19 and built self-care practices that you can easily fit into your busy days and sustain - for life.



Make it **EASY** to fit wellness into your everyday life – **one microstep or byte at a time!**