

CREATING

WELLNESS CONVERSATIONS



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MY MISSION

My mission is to continue fostering meaningful conversations that empower women, and workplaces, to move from overwhelm to confidence and embrace a life of clarity, balance, and purpose.

As a certified Health and Wellness Coach, and Menopause Coaching Specialist, I am a keen advocate to continue the amazing work we bring (information and evidence-based research) to our clients every day through podcasts, social 'lives', workshops, and masterclasses.

SUPPORTING WOMEN IN MIND AND BODY

Having been active in sports and walking most of my life, I never say no to time in nature and the outdoors.

This passion drives my work and fuels my dream of raising awareness around physical movement, nutrition, sleep and stress hygiene, energy levels, and staying active as a midlife woman. Wellness Walks are a great way to engage in conversation with fresh air and nature.

Through Midlife Mind women's wellness sessions, and Wellness at Work workshops, my intention is to bring my clients, and group participants, value and commitment by:

- starting conversations about mental wellbeing in a world where stress and anxiety are on the rise.
- offering practical tools to navigate the pressures of modern life, where it can feel like we're endlessly chasing time.
- supporting women to prioritise health and wellbeing during midlife and beyond.





COLLABORATE IN CONVERSATION

Let's explore what's possible and start a conversation around lifestyle and resilience, staying active in mind and body, and building clarity and balance for lasting wellbeing.

2025 is the year of collaboration and growth. What with travelling regionally for more events, I hope to connect with many more communities, organisations, and workplaces to build conversations around reflection and self-awareness.

Together, we can make a difference because change begins with one conversation, one mindset shift, and one grand step forward.

Ready to chat? I'm all ears.

OPPORTUNITIES TO CONNECT

- co-design short information sessions or women's gatherings
- identify your organisation's wellness workplace needs and host a Wellness at Work program or awareness sessions.
- create a wellness walk to take rich conversations out into greenery (Wellness Walks are available seasonally).
- present a short talk, podcast or keynote session at your next wellness expo or event
- curate or collaborate on a new wellbeing program for your community or workplace that inspires mindset shifts and fosters lasting positive change.

Learning can be equally as fun and interactive outside the realms of the internal four walls of home and work.



GROUP COACHING WORKSHOPS + SESSIONS

1. WELLNESS AT WORK
2. RISE YOUR WELLNESS
3. WISDOM ~ SPACE TO BE
4. AWARENESS SESSIONS
5. MIDLIFE MIND SERIES

WELLNESS AT WORK

Mental wellness is as important at work as it is at home.

Does your workplace nurture self-awareness and encourage self-efficacy?

- Choose from one or all of the Awareness Sessions listed below.
- Lifting the spirits of teams and individuals in the workplace.
- Boosting morale with engaging and interactive programs and sessions to fit into lunch breaks or team bonding events.

It is clear that the feeling of 'community' is as important inside the workplace as it is outside the workplace.

Awareness Sessions form part of the Wellness at Work program and can also be stand-alone interactive sessions (*1.5hr awareness session or select 2-3 topics for a half-day workshop / or all 6 sessions*).

- Communicate with Confidence
- Cultivate Calm
- Embrace your Emotional Power
- Stress to Zest
- Unwind Your Mind
- Me, Myself, and My Midlife Mind (*women's wellness*)





RISE YOUR WELLNESS (2.5HR)

Do you ever feel like standing up in the office and shouting “let’s rise”?

RISE and explore *reality, intention, self-reflection, and embrace and explore*. This interactive workshop can be offered as part of a team day or staff awareness session.

Elevating the wellbeing of your team and gain a deeper understanding as to who they are and WHY their wellness is key to living well. Raise the wellness of your workplace and put the smile on the dial of your leadership team, or program staff.

The RISE *Your Wellness* workshop is a foundational learning opportunity to talk about ways to rise the wellbeing in a group setting.

RISE stands for reality, inspiration, self-reflection, and embrace and explore.

Each participant is provided with a workbook including sections**:

- Your Journey So Far
- Let's Decide (*brainstorming activity*)
- Wellness Wish (*based on the GROW Model*)
- Vision Statement (*creative activity*)
- 3-monthly goals
- Weekly goal checklist

This workshop is interactive and thought-provoking and is an ideal space to reconnect with personal lifestyle goals and an opportunity to navigate some behaviour changes.

**Offered as a 2.5hr workshop and adapted to suit your timeframe. *Options available.*

WISDOM ~ SPACE TO BE (2.5HR)

A Self-Reflective Workshop for Women

This workshop is designed for women seeking practical strategies to enhance self-awareness, mindfulness, and vibrancy while embracing change with confidence and consistency.

The WISDOM *Space to be* workshop is designed to bring a group of women together in a supportive and safe environment, and a space to be. WISDOM stands for *womanhood, inspiration, self, discovery, optimism, and meaning*.

This workshop is fundamentally about creating actionable change to boost levels of positivity and optimism amidst the busyness of a woman's life. Everyone is encouraged to set realistic goals which focus lifestyle habits and a growth mindset.

Each participant is provided with a workbook including sections**:

- Words of Wisdom
- Wellness Wish (based on the GROW Model)
- Clock-In Your Time (*creative activity*)
- Vision Statement (*creative activity*)
- Goal Creation

Through guided self-reflection and empowerment techniques, participants will leave feeling more grounded and ready to take on life's challenges.

Treat the women in your group or organisation to an empowering journey where stories and insights, and valuable tools are shared, to foster resiliency.



AWARENESS SESSIONS (1.5HR)

Book an Awareness Session as a stand-alone session for your next team meeting or as part of a holistic Wellness at Work program. These are 1.5hr sessions delivered in-person or online.

Awareness sessions are a fantastic way to engage workshop participants, providing an enlightening experience that encourages individuals to reflect on their wellness from within. These sessions can seamlessly integrate into a team planning day, stand-alone events, or as part of a structured Wellness Work program, which can be designed as monthly sessions.

By offering a safe and authentic space, participants are inspired to explore their health and wellbeing, gain insights into small yet impactful lifestyle adjustments, and embrace changes that support living well.

- Communicate with Confidence
- Cultivate Calm
- Embrace your Emotional Power
- Stress to Zest
- Unwind Your Mind
- Me, Myself, and My Midlife Mind (*women's wellness*)**

****Me, Myself, and My Midlife Mind** is a new workshop for women delivered in the community and at a variety of locations. This workshop is now available in the workplace and has a clear focus of including musculoskeletal, physiological, and psychological impacts of menopause.

Empowering women to embrace change, live with less stress, and achieve optimal wellbeing through reflective activities and an action plan to move forward.

Me, Myself, and My Midlife Mind is an interactive workshop for women navigating the whirlwind of midlife, helping to uncover the essence of who we truly are and what we bring to our own wellness during our midlife years.

Find out more about how this workshop can be tailored to enhance the knowledge and conversation around menopause, midlife, and beyond.





MIDLIFE MIND SERIES

The Midlife Mind Series is a new program which is delivered in the community and workplace. This program provides time and space for women to share their thoughts and intentions as they travel through their midlife years.

Designed to support women juggling multiple responsibilities, the Midlife Mind Series provides practical tools to maintain self-identity, balance, and wellbeing during this ever-changing stage of life.

The Midlife Mind Series is offered as stand-alone sessions (1.5hr), based on the themes below, or as a 6-session program. A 6-session program can be tailored to meet the needs of an organisation and the individual sessions can be presented as part of a 'lunch and learn' or team planning calendar of events. Each session includes a participant workbook and additional resources, as required.

The strength of this new program lies in its flexibility, allowing it to be delivered in a format that best suits your team's needs.

Key Themes:

- Theme #1: Midlife Mind: Refocus to Reset
- Theme #2: Midlife Mind: Emotions and Energy - Embracing Me
- Theme #3: Midlife Mind: Mindful Self-Acceptance - The art of stillness
- Theme #4: Midlife Mind: My Wellness, My Way - Cultivating a sense of self
- Theme #5: Midlife Mind: Nourish My Mind - Food for the Soul
- Theme #6: Midlife Mind: Ready to Rest - Winter Wellness

Discover how this workshop can be customised to deepen the understanding and conversation around midlife, empowering women to navigate hormonal, physiological, and psychological changes with confidence and resilience.



Sadie J Wellness Coaching is on a journey to continue building and creating sessions that align perfectly with the goal of empowering people to feel confident, motivated, and in control of their life and the choices that they make to live a healthy and balanced life.

Questions?

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