



Bridgeman Baptist Community Church

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Penny Slater has asked me to write a letter of reference regarding the Wellbeing Programs we are offering at Bridgeman Baptist Community Church for our women.

I first met with Penny approx 5 years ago through our Family Coach program, she is one of our Family Coach mentors. Last year I approached Penny to see if she would be interested in running her Wellbeing Course here at the church.

So we started the Wellbeing Course firstly on a fortnightly basis throughout the day, then on a weekly basis on a Thursday evening and just recently we offered the course as a retreat over 2 Saturdays.

The following topics are covered throughout the program with reference to Biblical principles to achieve an abundant life:- Positive Emotions, Engagement, Relationships, Meaning, Achievement, Health and then how to apply it practically. These topics or domains have been proven by research to help people to flourish.

Penny creates a safe space for the women to share, discuss and ask questions throughout each session through her calm and relaxed manner and relates to her own journey of wellbeing. The women are involved also in practical activities through our Wellbeing Snippets where we invited other women to share on particular topics, for example: we had a health coach come and share with the women about healthy food and gut health, cooking up a storm with a healthy nourish bowl. There is also time in the program to create a vision board and then write about how they are going to live out an abundant life.

Hearing the written pieces at the end of the retreat is so powerful and that's where you see the most change. At our last retreat one of the young mums wrote the most amazing poem that had us all in tears and the time before that one of the single ladies wrote a song and performed it to the group, which was so powerful as she had been really quiet throughout the course.

We are now in the planning for our next retreat to be offered in October. We have had approx 50 women go through the program over the past 2 years and their feedback has been very positive and life changing for most.

If you have any further questions or concerns please feel free to reach out by email tracy@bridgecare.org.au.

Bless you

Tracy Neuendorf

Coach Co-ordinator

Bridgecare Ltd

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