

Health & Wellbeing

Individual Support

Values-based Vision: *Leveraging wisdom to make the world a better place.*

Whether that involves your leadership ability or the collective genius of your team – we'll partner to unleash hidden potential.

We focus on helping clients achieve positive, measurable behavioural & cultural change – encouraging you to exceed expectations, lead with integrity & fun!

Role-modelling self-care & supporting others in their quest for H&W has never been so important.

V5-2020



SYNERGY
GLOBAL
change leadership & effectiveness

Our Philosophy

- ◆ *People support what they help create*
- ◆ *Credible processes yield credible results*
- ◆ *You can't do things differently, until you see things differently*
- ◆ *Nothing changes unless behaviour changes*



Synergy Global understands the need to focus on H&W. Not only the wellbeing of you as a leader, but also the wellbeing of your team & the whole organisation. Providing a holistic approach to all of our programs.

Technical Excellence & Client Care

('Getting it Right' & 'Doing it Nicely')

We provide high quality services with bespoke programs, designed by experts, who are passionate about making a difference. We only use evidence-based tools & proven methodologies that include robust metrics to demonstrate RoI.

Our ability to tease out a deep understanding of client needs enables us to tailor programs that will exceed your expectations.

Synergy Global Services

- ◆ Effectiveness Consulting (Teams & Whole Orgs)
- ◆ Change Facilitation (Including H&W)
- ◆ Executive Coaching (Individual & Team)



H&W Services: Our range of Individual & Team Assessments create self-awareness & insight/avenues to improve health & wellbeing. These are followed up by individual sessions or coaching programs.

They are evidence-based, using leading edge neuroscience & contemporary wellbeing methodologies - with references.

Our Synergy Global H&W Team are experienced in designing individual support programs to assist with sustainable behavioural change – enabling lifelong learning & a healthier, happier future.

To discuss how best to leverage your own team's wisdom & wellness, please contact Heather-Jane Gray +61 (0) 439 066 067
heather-jane@synergy-global.com

For more information on the individual workshops please contact Helen Storr +61 (0)400 972 273
helen@synergy-global.com

Individual Support Programs



Coaching for YOU	Bespoke programs available from our extensive, experienced professional coaches. All programs designed personally for your needs.	\$750/hr ICF MCC \$650/hr ICF PCC \$550/hr ICF ACC
Coaching for Carers	A 6wk virtual group coaching program. It consist of 6x90min sessions. The program is for professionals who describe themselves as carers. They may be caring for an elderly parent, an unwell partner, or children with special needs. This program provides an opportunity to explore issues, clarify what really matters for you & your loved ones, with opportunities to develop strategies to manage your responsibilities, look after your H&W, plus, ensure you know how to access resources & programs that are available to you.	\$950pp
Creating a new Life Script & Future	Partnering with a qualified RN, Clinical Hypnotherapist & Coach. This individual program is aimed at people who have experienced trauma or suffer from PTSD or chronic health conditions. Using multiple strategies including guided imagery, hypnosis, we engage in a series of activities which will enable you to rewrite your life script, reframe how you view experiences & develop a forward-looking plan for a different, healthy future.	\$950pp
Manage your anxiety with the help of hypnosis	Partnering with a qualified RN, Clinical Hypnotherapist & Coach. Need help managing anxiety? Including Exam or Interview Stress, Phobias, Weight Management, Quitting Smoking, or Chronic Pain? Increase Self-Esteem along with Performance/Success. Individual hypnosis sessions tailor-made for you. <i>Experience the difference...</i>	\$750/hr ICF MCC \$650/hr ICF PCC \$550/hr ICF ACC
Weight Management for Health & Wellbeing	This weight management program is unique. It is an innovative 6wk program which involves individual coaching sessions, homework & structured activity – it includes walking coaching sessions. If you feel you need additional support in the form of a group this is an option. Maybe you have friends who would like to join or you would prefer to work with other people.	\$950pp
Coaching Your Three Brains	Individual Coaching Programs designed using the mBIT modality allowing you to access your three brains. Great for improving your decision-making processes	\$750/hr ICF MCC \$650/hr ICF PCC \$550/hr ICF ACC
Reiki for Relaxation	Individual Reiki sessions from an experienced Reiki Master. Great for relaxation & unblocking of stress, anxiety, hormonal imbalance & more.	\$200.00 Per session

Are You Interested in Our Programs?

There's just a small selection here & can be bespoke to your needs/wants so please ask.

For more info please contact Helen Storr +61 (0)400 972 273 or helen@synergy-global.com

We'll briefly discuss the most appropriate program to suit your needs/wants & send you a tax invoice for ATO purposes (you can re-claim for Continuous Professional Development CPD). Payment only necessary when program is confirmed – by a simple bank account transaction + GST.