



the threefold path

building healthy rhythms

create a healthy & sustainable high performance lifestyle

reduce stress
improve health
increase well being

Providing practical tools and techniques to create new neural-emotional patterns, behaviours and healthy rhythms that support a healthy and sustainable high performance lifestyle.

BUILDING HEALTHY RHYTHMS

reduce stress – improve health – increase wellbeing

Stress affects us all, but how it affects us is unique and individual. We can be physiologically experiencing stress yet mentally numb to it because we've become so accustomed to it. Sometimes we have become so familiar with the daily pressures, irritations and annoyances of life that it seems normal. Yet small stresses accumulate quickly and we may not realise how much they're impairing our mental clarity, emotional balance and overall health until it shows up as a bad decision, an overreaction, a relationship challenge or a health scare.

Stress isn't just mental tension or emotions like frustration, anxiety and overwhelm; it can also be physical, chemical and environmental. This means exploring stress from many different perspectives in order to better understand what our current stressors are. This combination of stressors and stress responses impacts how we think, feel and behave, whilst also impacting our body's physiology. Once we can determine our individual stress load, and our individual stress responses we can begin to explore how much this impacts our health and performance and make the necessary changes to restore energy, build resilience, improve health and increase performance.

Using the stress and wellbeing assessment, the Inner Balance Coherence biofeedback sensor, and a biophysics 'jump start kit' alongside Buteyko Breathing Techniques and HeartMath coherence techniques we will work together to reduce stress, improve mitochondrial health, increase energy levels, and optimise performance. When we can reduce the overall stress load on the 'mindbody' we can then shift to new and healthy ways of responding to stress.

The health and performance benefits of this include:

- balancing our nervous system to reduce stress and rebalance hormones
- creating coherent heart rhythm patterns for overall health and wellbeing
- improved energy levels and emotional vitality
- improved mental clarity and focus
- increased composure and decision making in challenging situations
- improved relationships and clearer communication
- increased creativity, adaptability and resilience
- greater overall sense of wellbeing and control over emotions
- improved balance and quality of life

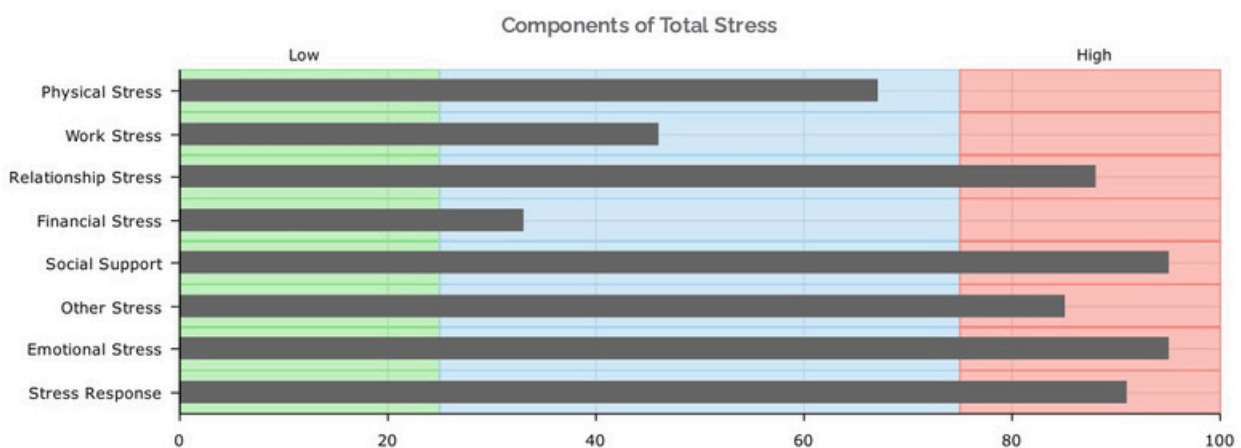


BUILDING HEALTHY RHYTHMS

Key stress scales

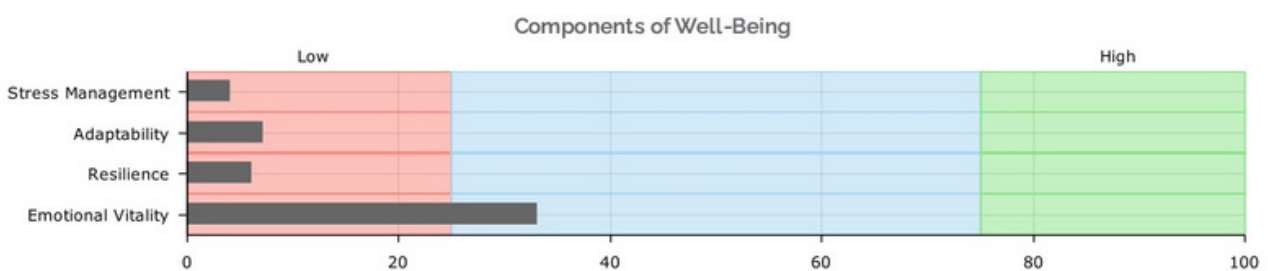
Gain insights into eight key stress scales including physical, work, relationship and emotional stress. These insights are valuable as there are many aspects of life that may be causing a stress response in our body's physiology.

By better understanding our existing levels and the sources of stress, it allows us to reduce our stressors and learn practical tools and techniques to better meet those stressful situations and experiences in a healthy way.



Levels of wellbeing

When we use the term wellbeing in this context we are referring to the resources that we have available to manage stress. These are the tools that with practice allow us to create new baseline emotional patterns so we can meet stress and pressure in a healthy way, remaining calm, composed and creative.

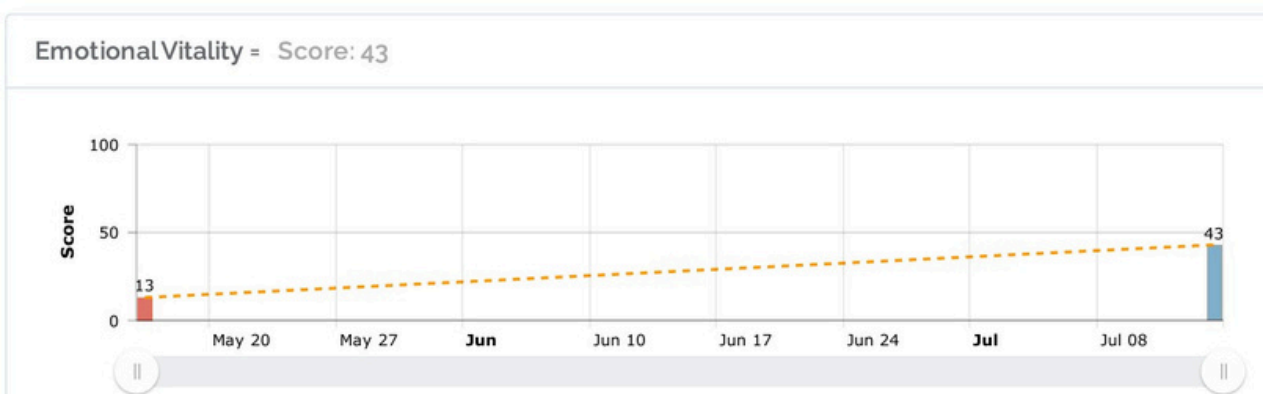
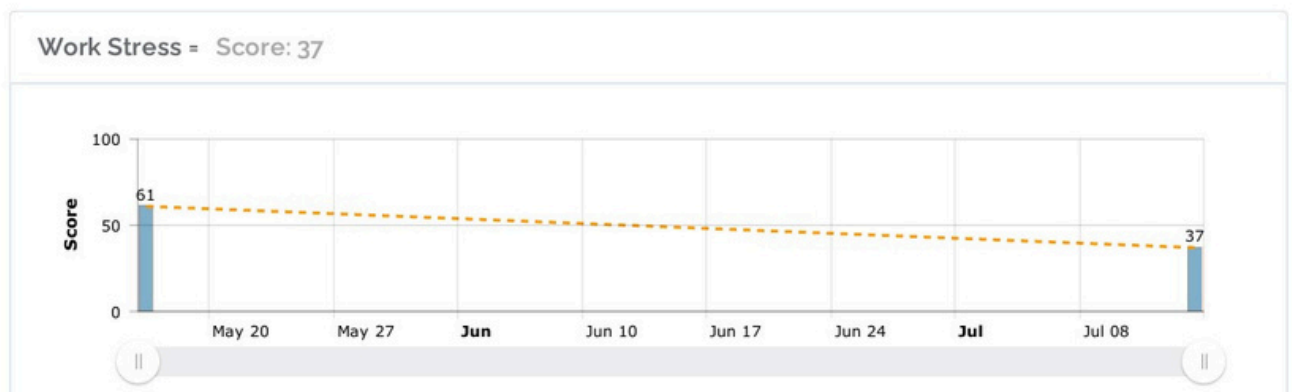


BUILDING HEALTHY RHYTHMS

Compare and contrast historical results

Gain additional insights by comparing the initial assessment alongside the additional assessments as we work with the strategies, tools and techniques that are explored during the coaching sessions.

This quantitative overlay provides an additional layer to the qualitative outcomes that may also be noticeable like better sleep, more energy, better interactions at home, greater clarity, more positive outlook or an improved work environment.



BUILDING HEALTHY RHYTHMS

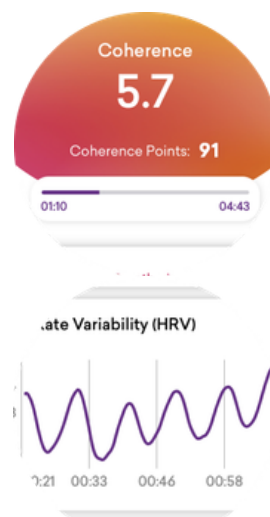
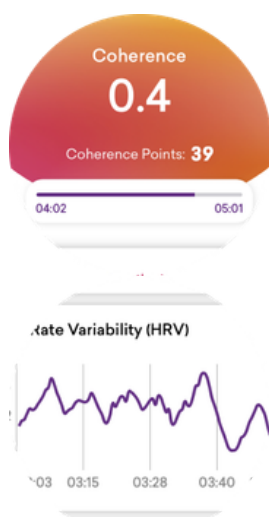
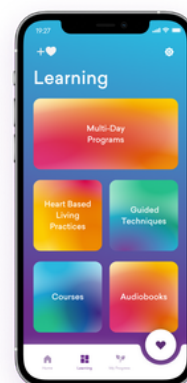
Inner Balance Coherence Plus Sensor

The Inner Balance Coherence Plus is a nervous system trainer. In just minutes a day it helps you shift into heart-brain coherence. This state of coherence is linked to lower stress, faster recovery, sharper cognitive function, enhanced performance and long-term resilience. Think of it as biofeedback for upgrading your biology—giving you a measurable way to train calm, focus, and adaptability at the core of your system.

The Inner Balance Coherence Plus uses professional-grade photodetectors to measure your pulse wave 500 times a second. This data is then translated into highly accurate HRV, which reflects how your heart rate changes over time. HRV offers a powerful window into the quality of communication between the heart and brain, which directly impacts how we think, feel and perform.



Includes Free Lifetime Subscription to the HeartMath App (additional savings of \$79/year)

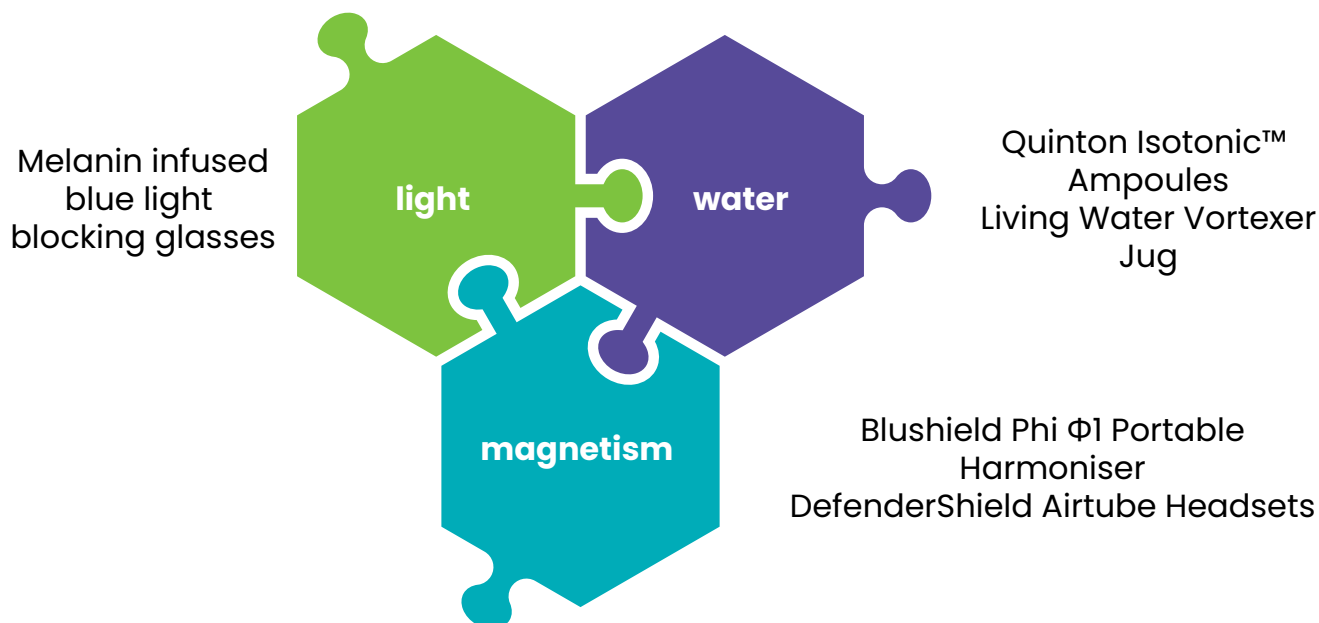


30+ Years of Pioneering Research In Heart-Brain Science



BUILDING HEALTHY RHYTHMS

biophysics jump start kit



A guide to some of the topics that will be explored during the individual coaching sessions:

- the psychology and physiology of stress and the impacts on health and performance
- discover individual stress responses and default neural-emotional patterns and learn how they impact not just health and wellbeing, but also how we think, feel, behave and perform
- explore ways to better self-regulate not just our behaviours, but also our thoughts and emotions
- build and integrate healthier neural emotional patterns to improve composure and decision making
- work with co-creation strategies using the imagination - intention - attention framework and futureSelf psychology strategies
- go beyond the existing paradigm of work-life balance to build a healthy and sustainable high performance lifestyle.

Pricing of Program

The Building Healthy Rhythms Program is \$8,500 per person

This includes -

- 13 x 1 hour coaching sessions (generally on a fortnightly rhythm)
- Inner Balance Coherence Plus sensor
- 3 x stress and wellbeing assessments
- biophysics jump start kit