



BRIDGE REHABILITATION

OCCUPATIONAL REHABILITATION • TRAINING • WELLNESS

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WELLNESS SESSIONS

Our suite of wellness sessions are aimed at inspiring excellence and positivity by informing, enlightening and uncovering self-awareness.

The 45 minutes sessions are perfect for pre-work breakfast meetings and lunchtime break outs.

Sessions can be run independently, part of a regular scheduled program or combined to form half and full day development packages

Balancing life <ul style="list-style-type: none">- Work, family and recreation- Looking after self- Prioritising- Allowing for failure- Setting up for success	The gift of time: Organising your life and setting goals <ul style="list-style-type: none">- What's your default?- Easy organising- Simple goal setting to achieve gradual yet achievable change
Stress management and meditation <ul style="list-style-type: none">- Understanding stress- Cause of stress- Proactive factors to reduce stress- Shifting mindset- Calming- breathing and meditation	Sleep and Recovery <ul style="list-style-type: none">- Sleep and repair- Benefits of sleep- Improving sleep quality- Techniques to help sleep when all else has failed
Healthy choices- food and lifestyle <ul style="list-style-type: none">- Proactive choices- Your health environment- The role of your acquaintances- Understanding food labels- the myths and interesting facts	Listening and influencing <ul style="list-style-type: none">- Understanding your innate listening style- How your interaction has impact- Choosing how you interact- Influence on self, family, partners, friends, colleagues
Navigating change <ul style="list-style-type: none">- Who are you in times of change (your default)- What changes?- You choose how to respond- Optimising outcomes- Seeing the benefit- Outcomes of being change resistant	What are we doing to ourselves? <ul style="list-style-type: none">- Western society's postural demise- The 'unlearned' movements- The impact of increased screen time- What about our kids?- The implications on health
Other Sessions <ul style="list-style-type: none">- Fitness- Yoga and Pilates- Creating positive mindset- Being the best partner- Holistic Wellness	<ul style="list-style-type: none">- Supporting a healthy workplace culture- Managing shift work- Women's health- Men's health