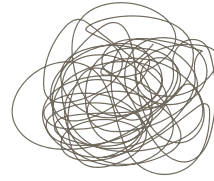


# THE WOBBLE TOOLKIT

YOUR INDIVIDUALISED SUPPORT SYSTEM FOR LIFE



- WE LIVE IN A WORLD RIFE WITH STRESS WHERE BUSY IS OUR DEFAULT;
- TODAY'S SOCIETY IS NOISY, TECH FILLED, INSTANT, AND HIGHLY PRESSURED;
- WE ARE THE DISCONNECT GENERATION;
- INCREASING MENTAL AND PHYSICAL HEALTH PANDEMIC.



THE WOBBLE TOOLKIT IS AN INDIVIDUALISED SUPPORT SYSTEM FOR LIFE. COVERING THE FIVE DIMENSIONS OF HEALTH, IT PROVIDES A TRIED, TESTED AND TRUSTED ROADMAP THAT ENABLES AND SUPPORTS WHOLE HUMAN HEALTH.



- ▶ RECONNECTS MIND BODY AND SOUL;
- ▶ SUPPORTS A MINDSET THAT RIDES THE WAVES RATHER THAN PEAKS AND TROUGHS;
- ▶ EMPOWERS BY PLACING RESPONSIBILITY IN THE HANDS OF THE INDIVIDUAL;
- ▶ ENCOURAGES A NEW WAY OF LIVING.

THE FIVE DIMENSIONS OF HEALTH:  
MENTAL, PHYSICAL,  
SOCIAL, SPIRITUAL,  
EMOTIONAL

# THE WOBBLE TOOLKIT SERVICES



A 60 - 90 MINUTE WORKSHOP COVERING:

- WHAT IS THE WOBBLE TOOLKIT;
- THE IMPORTANCE OF PREVENTION AND CREATING THE RIGHT FOUNDATIONS TO SUPPORT WHOLE HUMAN HEALTH;
- THE SCIENCE BEHIND STRESS AND HOW IT AFFECTS MIND AND BODY;
- HOW TO CREATE YOUR OWN WOBBLE TOOLKIT;
- TIPS AND TOOLS TO TAKE AWAY WITH YOU TO ADD INTO A DAILY ROUTINE.

1:1 OR SMALL GROUP YOGA + BREATHWORK SESSIONS  
DESIGNED TO:

- ALLEVIATE SYMPTOMS BROUGHT ON BY STRESS & ANXIETY;
- HELP THE BODY RETURN TO BALANCE BY GROUNDING & RESTING THE NERVOUS SYSTEM;
- STRENGTHEN AND BUILD RESILIENCE WITHIN THE BODY & MIND..



THE WOBBLE TOOLKIT MOT - A BESPOKE 1:1 CONSULTATION  
DESIGNED FOR THOSE WHO ARE STUCK, ON THE EDGE OF BURNOUT,  
OVERWHELMED, THOSE ARE LOOKING TO IMPLEMENT CHANGE:



- SUPPORTS THE CREATION OF A WOBBLE TOOLKIT;
- PROVIDES ACCESS TO TAILORED RESOURCES;
- WORKS IN COLLABORATION WITH TRUSTED EXPERTS;
- FROM THE CIRCLE OF TRUST AND BEYOND;
- GIVES ACCESS TO EXCLUSIVE PARTNERS OPERATING IN THE ADVENTURE THERAPY ARENA.