

INSPIRE | EMPOWER | CONQUER



MY INSPIRATION NEVER DIES





## CORPORATE INSPIRATION VIRTUAL PACKAGE

We are driving a new era of health and wellness and spearheading the digital health revolution. A great package to get employees started on their voyage without leaving the office.

### WHAT'S INCLUDED

- My MIND Voyage Journal with exercise programs and resources
- Tracking tools app to assist in logging peaks, troughs and understanding the missing links in all dimensions of health
- Monthly newsletter
- 1 x 15 minute virtual appointment – Goal setting and journal onboarding





RESOURCES

Secure virtual platform with further education, blogs, programs, activities and tracking tools. Share your data with your allied health professional to find those missing links and receive monthly newsletters to keep motivation and hold you accountable for you health success.



MY MIND VOYAGE

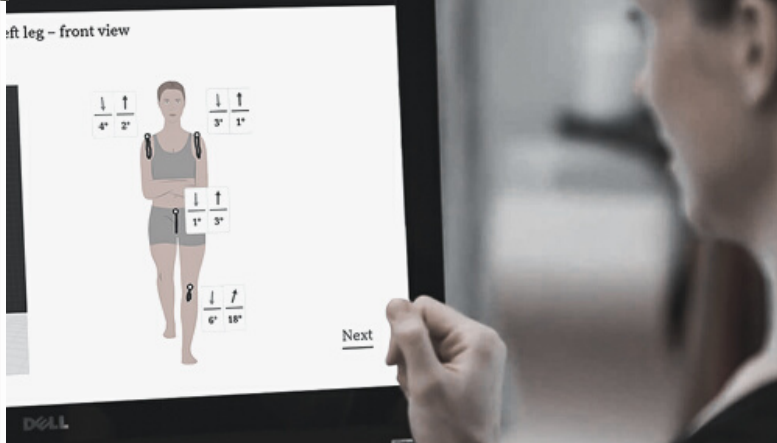
The first interactive journal experience. This unique voyage is a breakthrough in connecting mindfulness, technology and wellness.



CORPORATE HEALTH

My Inspiration Never Dies is flying with an evolution of traditional well-being in the corporate workplace and an end-to-end solution that integrates a life-work balance from shopfloor to boardroom.

- Workshops to INSPIRE change.
- Journals to GUIDE change.
- Technology to TRACK change.
- Expertise to REINFORCE change.
- Empathy to REFLECT change.
- Allied Health to SUPPORT change.
- Chief Venture to LEAD change.



TECH BASED LAB

Get your baseline measurements and screening completed at your workplace. Pre-employment screening | Functional movement | Body Composition | Cognitive Assessment | Fitness and Performance Testing



THE CHIEF VENTURE

Individualised, integrated experience for senior management, chief executives and board members around empathetic wellbeing with personalised and exclusive interactions.

SHOW ME MORE

