



THE CHIEF VENTURE



VOY AGE



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To provide a unique and exclusive experience to the “corporate athlete” by combining different worlds of movement, technology, education, wellness and adventure.

This will contribute to their health management, human performance and overall success.

GOALS | OBJECTIVES

To provide high performance ‘corporate athletes’ with an integrated health and wellness experience.

To provide companies with a cost effective strategy for employee retention through a unique well-being approach.

In knowing this we have developed this Venture to target cognitive capacities, physical, emotional, and spiritual management of employees to not only positively impact their personal lives, but to allow them to perform at a high level in the boardroom, consistently, efficiently and with more desire.



OVERVIEW

Directed at female and male CEO's, executives, executive assistants, board members and any other high level professionals that need to perform at an elevated level, consistently and for long periods of time.

The purpose of your "Chief Venture" is to shake things up, to reconnect your body to its fundamental roots, desensitise your over working systems and bring back some fun into your ever-demanding life.

The length of this voyage will be a yearlong commitment. You will experience a deconstructed MIND Lodge, completely customised to your individual needs, wants and desires.

From the empathetic experience and perspective of a CEO, you will be working exclusively with me, we set you on a life changing path that encompasses all dimensions of health through mind, movement and connection training, as well as unique activities and experiences catered to you.

Together, we will challenge you to explore a 'better' version of you, unearthing what is already there while contributing to the future you.

Think of me as your Personal Wellness Assistant.

AN EXPERIENCE YOU CAN'T LIVE WITHOUT

On-Boarding Process | A unique approach in kick starting your wellness journey.

My MIND Voyage Journal | A journal that combines our physical world with virtual reinforcement. This leads, guides and supports self-discovery, evaluation and creates awareness allowing you to outgrow, outdated versions of yourself. This is a powerful tool that provides substance and looks at you as a whole, not just a part.

Venture Boxes | These boxes are designed to promote connection and adventure. To ignite a spark and change up the environment you are in.

Exercise Physiology Sessions | Working through phases of development specific to your goals, these sessions are a hybrid of face-to-face and virtual consultations. With a fundamental focus on function and integration we will get you moving well, moving often and feeling good.

Rest and Recovery Sessions | Focused on getting you to take a breath and enjoy a moment to yourself outside the demands of work and life.

Off-Boarding Process | Allowing us to see changes and comparisons from the initial session, this phase gives us time to recap the year that's just past and lay a foundation for the year to come.





**WE INSPIRE
CHANGE,
EMPOWER
MINDS AND
HELP PEOPLE
CONQUER
LIFE'S
ADVERSITIES.**



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