

INSPIRE | EMPOWER | CONQUER



MY INSPIRATION NEVER DIES

MY INSPIRATION NEVER DIES



WHAT SETS US APART

My Inspiration Never Dies is more than just an Exercise Physiology studio; we are a lifestyle and wellness brand that is popping the exercise bubble. We are here to change the conversation and exercise blueprint to encompass all dimensions of health through MIND | MVMT | CXN training.

We understand that we are all movement creatures and by reconnecting your body to its fundamental roots, it's our mission to show people they aren't defined by their trauma.

We inspire change, empower minds, and help people conquer life's adversities.



MY INSPIRATION NEVER DIES



WELCOME TO YOUR CHIEF VENTURE



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.

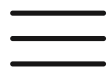
The purpose of your "Chief Venture" is to shake things up, to reconnect your body to its fundamental roots, desensitise your over working systems and bring back some fun into your ever-demanding life.

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.



MIND WHY

VISION

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

MISSION

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

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."



MIND ANCHORS

The intention of the MIND anchors is to provide a firm foundation and powerful source of motivation with a focus on education around how you feel. We can't just focus on one aspect of life, everything is interlinked and integrated, therefore we must explore all of your bodies amazing wonders.

MY MIND | Positive emotions ignite the energy that drives optimal health and wellness. By developing rituals, we challenge you to become mindful and aware of different signals from your body. We want to establish an internal climate that focuses on developing a positive self-monologue.

MY MVMT | It's our mission to show people they aren't defined by their 'trauma'. Recovering energy is just as important as expending it and we find the perfect balance for optimal performance and physical well-being. We want you to feel strong, move well and move often.

MY CXN | We are extremely disconnected and desensitised from the world in which we have evolved. Our connection with earth, with our counterparts and with ourselves has been lost. So, within this MIND anchor we explore your relationships, your kindred spirit with nature, the people that you are surrounded by, your community and your self-awareness.





AN EXPERIENCE YOU CAN'T LIVE WITHOUT

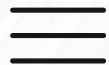
THE NEW WAY TO A BETTER LIFE-WORK BALANCE

CHANGING THE FOCUS

We want to create change and influence people's lives in a number of categories.

We have developed a voyage like no other, that disrupts the current tradition of health and wellness by changing the blueprint and conversation around what that looks like.

The Chief Venture Experience includes the following.



ON/OFF BOARDING PROCESS

Onboarding process is a unique approach in kick starting your wellness journey. The off-boarding process allows 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.



MY MIND VOYAGE

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



VENTURE BOXES

These boxes are designed to promote connection and adventure. To ignite a spark and change up the environment you are in. You will receive 5 boxes within the year, all containing different gifts.



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 & RECOVERY

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



PERSONALISED EXPERIENCES

A tailored experience that gets you out of your comfort zone. Throughout the year we will meet for exclusive lunches, events and unique activities.



A close-up portrait of a Black woman laughing heartily with her eyes closed and mouth wide open, showing her teeth. She is wearing a black turtleneck under a jacket covered in large, overlapping gold sequins. She has large, thin gold hoop earrings and is holding a small glass of red wine in her right hand, which also features a ring. The background is a soft-focus view of a body of water under a hazy sky.

LIFE

BE THE | CEO |
OF YOURS



OUR CONTACT

@MYINSPIRATIONNEVERDIES

W | WWW.MYINSPIRATIONNEVERDIES.COM

E | MIND@MYINSPIRATIONNEVERDIES.COM

F | +61 3 9445 9104