

INSPIRE | EMPOWER | CONQUER





# 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.







# DISRUPTING TRADITIONAL CORPORATE HEALTH & WELLBEING

*THE NEW WAY TO A BETTER WORKPLACE*

## CHANGING THE FOCUS

We do this combining different worlds of movement, wellness, sociology, technology, and education to provide people with an integrated and unique experience.

We prefer to inspire positive habitual change and create an effective and efficient life-work balance.

Our end-to-end solution follows seven steps to engage every member of the team from the shop floor to the board room.





WORKSHOPS TO **INSPIRE** CHANGE

MY MIND VOYAGE JOURNAL EXPERIENCE TO **GUIDE** CHANGE

TECHNOLOGIES TO **TRACK** CHANGE

EXPERTISE TO **REINFORCE** CHANGE

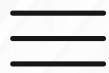
EMPATHY TO **REFLECT** CHANGE

ALLIED HEALTH TO **SUPPORT** CHANGE

CHIEF VENTURE TO **LEAD** CHANGE







**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.



**HYBRID PACKAGE**

By combining virtual support, physical intervention and education this package gives each person an amazing foundation to inspire and motivate. It provides direction, support and ensures each person has the tools for future success.



**MANAGEMENT PACKAGE**

The ultimate package for any employee to kick start an amazing wellness journey. With individualised intervention to baseline your current ability and allied health support to motivate and guide, this package will ignite change.



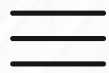


## VIRTUAL PACKAGE

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.

- 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





**HYBRID PACKAGE**

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- 1 x 15 minute virtual appointment – Goal setting and journal onboarding
- On-site assessment appointment (BIA, Moovment, Fit3D, Grip Strength)
- 1 x 15 minute virtual appointment – Data interpretation





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- 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
- On-site assessment appointment (BIA, Moovment, Fit3D, Grip Strength)
- 1 x 15 minute virtual appointment – Data interpretation
- 2 x 30 minute virtual appointments – Exercise Physiology Consultation



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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.



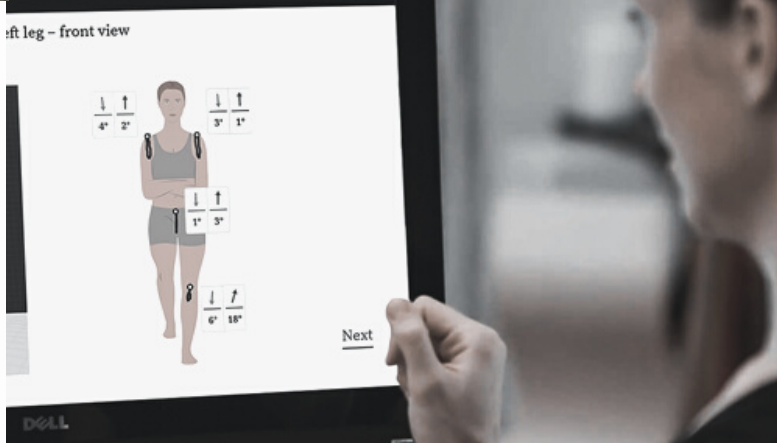
MY MIND VOYAGE

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

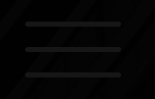


THE CHIEF VENTURE

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







**THE IMPACT**





# OUR CONTACT

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