

Embodied Wellness: A Program for Women

What is E.W.?

Embodied Wellness is an **onsite** program designed to support your female-identifying staff to discover improved **physical and mental wellbeing**. E.W. is a one-stop solution to address key concerns for women in the workplace that routinely **diminish their ability to work productively**: hormone health; experiences of trauma, burn-out or stress; navigating caring duties + **motherhood**; feeling safe, acknowledged & heard at work.



How will E.W. help your business?

Safe spaces for women

We know **women experience routine anxiety** about their safety at work, which impacts their physical & mental health. Organisations who provide **safe spaces for women** to decompress & reduce anxiety go a long way to redressing these concerns & **decreasing burn out**.

Less time off work & more productivity

Stress, burn out and resulting physical illness means **more time off** and more compensation claims. We know *body stressing* claims to the SRCC account for up to **42 per cent** of all accepted claims, and on average **cost 4.5x more** than other workers comp claims. Evidence clearly shows that workplace wellbeing programs can mitigate **mental and physical health issues** that increase uptake in sick leave and extended breaks.

Improved brand reputation & loyalty

Employees who are part of wellbeing programs are more likely to report an **intention to stay** with their current employer. High staff turnover is costly to your business, and physical health programs for employees show **30% fewer voluntary departures**. Prospective female employees and partners are actively looking for this type of **corporate leadership**.



Program Design

How E.W. Works

Embodied Wellness is a program founded on movement, mental wellbeing & gut health. Each program is tailored to the organisation and staff to ensure they get the most out of their time with us.

Workshop options

Sessions may focus on any of the following:

- Movement (fitness classes, cardio, strength, mobility, injury prevention, managing menopause, workplace injury)
- Gut health (education on nutritional guidelines, improving quality of nutrition & balancing hormones, gut balance)
- Mental health (coping with stress, trauma, mood, meditation, breathwork)

Frequency options

Programs may be delivered at the frequency best suited to the organisation & goals. This may be **weekly, fortnightly or monthly** for a fixed duration or rolling contract.

Location options

E.W. can be delivered **on site** where space can be accommodated. This space can be **outside**. We also have a **private gym** space in Edgecliff that holds up to 18 persons per session.

Pricing Options

We offer flexible pricing options depending on the size of your organisation & desired program. Sessions start as low as **\$15pp** depending on size.

Who We Are

Edie Rose Bannerman

Edie is an experienced **strength, physique & mental health** coach. She specialises in women's health and hormones. Alongside being a certified personal trainer, Edie is about to graduate with BA in Social Work, expanding her therapeutic skills in trauma counselling and recovery.

Education + Experience

- Certificate III + IV in Fitness
- Weflex Disability Certification
- Training The Female Athlete Certification

Background in -

- Trauma, substance use & sexual health counselling / case management
- Women's advocacy & research in NFP



www.thetherapistpt.com