



VIRTUAL OFFERINGS

Allie Veall
Studio Manager
allie@mellobarre.com
+61 402 371 187

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@mellobarre



MELLÖBARRE.

a
wave of
wellbeing



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Studio Manager

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+61 402 371 187



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mellobarre.com

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8 AREAS OF WELLBEING

At Mellobarre, we define wellbeing in a holistic manner and see it as being composed of 8 intertwined dimensions.



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THE CHALLENGE

Organisations that successfully implement programs to support a happy workplace can, on average, expect a positive ROI of 2.3 ^(*)

\$1.00
spent
=
\$2.30
benefits gained

* SOURCE: PWC, 2014 "Creating a mentally healthy workplace"



Have taken time off work due to feeling mentally unwell in the past 12 months. ⁽¹⁾

(1) SOURCE: *State of Workplace Mental Health in Australia* www.headsup.org.au



70% of leaders report regularly being unable to be attentive in meetings. ⁽²⁾

(2) SOURCE: *Killingsworth 2010, Mindful Leadership Institute*



Are unsatisfied, feeling physically depleted, emotionally drained, mentally distracted and lacking in meaning and purpose. ⁽³⁾

(3) SOURCE: *The quality of life @ work study by The Energy Project and Harvard Business Review*

THE OUTCOMES BENEFITS

Unhealthy employees work approximately 49 effective hours per month, compared to healthy employees who work 143 effective hours.

PWC, 2010 "Workplace Wellness Australia"

93% of leaders report that mindfulness training helps them create space for innovation, and nearly 70% say it helps them to think strategically.

www.instituteformindfulleadership.org

Research now shows us that a brain in the positive is:

31% more productive than at negative, neutral or stressed

39% healthier

37% better at sales

34% better at social interaction

Dr Shawn Achor – www.shawnachor.com





Masterclass

LIVE VIRTUAL MASTERCLASS WORKSHOPS

Investment starting from \$500 + GST per masterclass.

Interactive and hands-on virtual workshops developed for leaders and teams alike across mindset, rest, nutrition, connection, discovery, growth and resources. Attendees will walk away feeling supported with actionable techniques to equip them for the future

DETAILS

VIRTUAL MASTERCLASS WORKSHOPS FOR LEADERS

INVESTMENT: From \$500 + gst per masterclass (from 45mins)

- Mental Health for Managers – Raising Awareness and Cultivating Conversations
- One team, multiple locations, one direction
- The Resilient Mindset
- Leadership in challenging times

VIRTUAL MASTERCLASS WORKSHOPS FOR TEAMS

INVESTMENT: \$500 + gst per masterclass (from 30mins)

MINDSET

- Cultivating a positive mindset in an ever-changing world
- Managing the Digital Distractions
- How to Build a Healthy & Happy Brain
- 10 ways to Decrease Stress and

- Anxiety
- Boosting Peak Performance & Productivity
- Balancing your Cortisol Levels for Stress Reduction
- Managing stress, resilience and adaptability
- Thriving in the new Normal

NUTRITION

- Boosting your Immune System
- Foods that will boost your Brain Power
- Eating for Energy
- The Importance of Healthy Snacking
- The Sustainable Pantry

REST / SLEEP

- Restoring Balancing in an ever-changing world
- The Power of Sleep, Rest & Recovery
- Meditation and breathing to combat insomnia

CONNECTION

- Building Proactive Teams
- Boosting your wellbeing during social isolation

CULTIVATING COLLABORATION

- Working from home as a family
- Design a healthy work from home routine





LIVE VIRTUAL & RECORDED MEDITATIONS

Investment starting from \$300 + GST

Bespoke daily guided and sound meditations brought to you live or through recorded bundles.

DETAILS

Daily 10-minute meditations eg daily 10@10
INVESTMENT: \$300 + gst for 5 days

-

Meditation & Stretch (30mins)
INVESTMENT: \$190 + gst per session

-

Stretch & Reset (15mins)
INVESTMENT: \$60 + gst per session

-

Recorded audio meditation bundle (audio only)
INVESTMENT: \$550 + gst per bundle

A series of four guided 10min meditations. Bundle includes:

- Week 1: Mindful meditation and body scan
- Week 2: Mindful breathing techniques
- Week 3: Mindful reflection and journaling
- Week 4: Mindful meditation visualisation





Demonstrations

LIVE VIRTUAL EXPRESS DEMONSTRATIONS

Investment starting from \$350 + GST per demonstration.

20 minute live virtual demonstrations to help individuals eat well and self-care in their own home. Resources provided to support individuals to recreate at home.

DETAILS

Kick Start

- Immunity Boosting Tonic/Bone Broth

Powerhouse Breakfasts

- Greene Goodness Smoothie
- Bircher Muesli
- Morning Glory Smoothie
- Calming Smoothie
- Spiced Pear Porridge
- Banana Coconut Breakfast Muffins
- Chia Puddings

Nourishing Lunch

- Immunity Boosting Chicken Soup
- Cauliflower Rice Bowl
- Chop Chop Salad
- Vegetable Frittata

3pm Pick Up

- Raw Lemon Slice
- Jam Drops
- Cacao Energy Balls
- Banana Bread
- Flaxseed Crackers with Beetroot / Pesto Hummus
- Cacao Nib Cookies

Quick Easy Nourishing Dinners

- Green Chicken Curry
- Nourishing Fermented Vegetable Bowl
- Mushroom, Kale and Buckwheat Risotto
- Buckwheat Noodles with Miso Pumpkin & Eggplant
- Sweet Potato & Lentil Cakes
- Chicken and Lentil Curry



Movement

LIVE VIRTUAL AND RECORDED MOVEMENT CLASSES

Investment starting from \$200 + GST per class.

From the studio to the living room. Keep your teams energized and healthy with live virtual or recorded movement classes.

DETAILS

Join one of our live classes or schedule a private live class for your workplace. Options available:

- Yoga Flow Session
- Yoga Slow Session
- Stretch & Release Session
- Dynamic Mobility and Strength Training Session
- HIIT
- Body weight strength class
- Body Balance
- Barre
- Zumba Dance
- Pound
- Hips, butts and thighs
- Mat Pilates
- Hip Hop Yoga

1:1 MOVEMENT CLASSES – AT HOME OR IN WORKPLACE

All of the above movement classes plus Personal Training are offered 1:1 in the workplace or at home and run for 30, 40 & 50mins (our Practitioners will supply all equipment required).





Consultations

1:1 VIRTUAL CONSULTATIONS

Investment starting from \$60 + GST per session (20 and 45minute sessions available including follow-up resources)

An opportunity for individuals to have undivided one-to-one support for their unique challenges and to help them optimize to show up everyday at their peak.

DETAILS

- Health & Wellbeing Consultations
- Nutrition Consultations
- Sleep Consultations

20 pack bundle \$900 + GST

-

Leadership Coaching

INVESTMENT: \$280 + gst per 60 min session.



Challenges Overview

WHY DO A CHALLENGE?

While social distancing remains in force, many have had to contend with lost job security and increased worry about loved ones and our own physical and mental health.

Anxiety and stress associated with it is to be expected, managing these reactions can be extremely demanding.

Our challenges will support individuals thrive during their time in isolation and set them up for success when it's time to return-to-work.

Doing this so by creating new healthy habits, eliminating bad habits, providing focus and accountability, creating community and enjoyment.

We apply a blended learning approach with interactive workshops, classes, coaching and content to support your employees along the way. Employees will walk away from the challenge with:

- A health routine that is unique to them
- Sense of accomplishment, purpose and focus
- Stronger connections with themselves and colleagues

CHALLENGE THEMES

Thriving at Home Challenge
Return to Work Challenge
Sleep Challenge
Hydration Challenge
Movement Challenge

CHALLENGE DURATION

Challenges can be conducted in a two, four- or six-week format. Each week will focus on a different theme with a unique goal to

support a holistic approach to habit change.

CHALLENGE ACTIVITIES

Our challenges consist of a blended learning approach that includes workshops/masterclasses, meditation & movement classes, coaching and content support (articles, videos, blogs, etc...). No matter the participant, they can get involved.

SAMPLE CHALLENGE WEEK: Slowing Down to Speed Up

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Newsletter - weekly challenge/ theme announced + supporting tips & tools	1:1 or group coaching sessions + movement class	Workshop/ masterclass + meditation class	Movement class	Meditation class + demonstration	Virtual group challenge round up to celebrate wins + movement class	

CHALLENGE SUPPORT FOR PARTICIPANTS

Coaching Sessions

Weekly Group or 1:1 sessions. 20 minute coaching session between 9:00am - 11:00am & 4:00 - 6:00pm. These sessions provide an opportunity for 1:1 coaching to assist with goal setting, any unique challenges that come up and provide assistance to individuals to succeed with the challenge. Group sessions (five people) will allow individuals to learn from each.

Newsletter

Weekly e-mail communication will serve as a guide for what each week will bring. It will include an overview of the theme and why it is important, reminder of the upcoming workshop and coaching sessions, short instructional video

related to theme, 3 small steps for them to implement to assist with the challenge and content support (podcast, articles, recipes, etc...)

Facebook Closed Group

A forum to provide content such as recipes, articles, podcasts, etc... and a platform for people to connect, share ideas and celebrate. It will also be used for announcements and reminders.

Weekly Challenge "Happy Hour" Roundup

This is a time when the whole group comes together to celebrate wins for the week, acknowledge others for their hard work and practice gratitude. It will build community, camaraderie and assists in holding individuals accountable to put their best efforts forward to making lasting change.





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