

## Welcome to The Resilience Recipes Personal Wellbeing Course

*A self-paced online course to better personal wellbeing for busy professionals.*

### Do you feel stretched in every direction, with no space left for yourself?

You're not alone. Many professionals feel caught in an endless cycle of doing, without the time or energy to focus on what truly matters. We struggle to find the right mix of energy, effort and ease - often leading to stress, burnout, and a sense of disconnection from what truly matters.

**The *Resilience Recipes Wellbeing Program* is designed to help you take back control of your wellbeing - without adding more to your plate.**

By working through a structured, step-by-step process, you'll identify the areas that need attention, choose the most relevant strategies for you, and put together a plan that supports both your performance and wellbeing.





### Why This Course Works!

Unlike generic wellness advice, this science-backed and curated program empowers you to define what wellbeing means for you, and gives smart, proven tips that work in real-life. This program isn't about rigid rules or unrealistic ideals—it's about helping you define and create wellbeing in a way that's practical, achievable and fits with your reality.

### What You'll Come Away With:

- ✓ **A Personalized Wellbeing Plan** – Tailored to your needs, values, and lifestyle.
- ✓ **Science-Backed Strategies** – Practical evidence-based resilience that boost your energy and wellbeing, and focus.
- ✓ **Step-by-Step Guidance** – Clear, actionable steps to implement meaningful change.
- ✓ **A Sustainable Approach** – Build habits that fit into your life, not the other way around.

### What's Included?

-  A hard copy of *Resilience Recipes – Making Space for Wellbeing that works*. Winner of Best Health and Wellbeing Book 2022 and Runner-Up Business Book of the Year 2022
-  A printed *Resilience Recipes Wellbeing Planner* to support your learning and track progress.
-  A self-assessment wellbeing diagnostic survey to determine your current wellbeing level with recommended focus areas.
-  Short bite-sized learning content and videos to help you choose the resilience and wellbeing strategies that will work best for you.

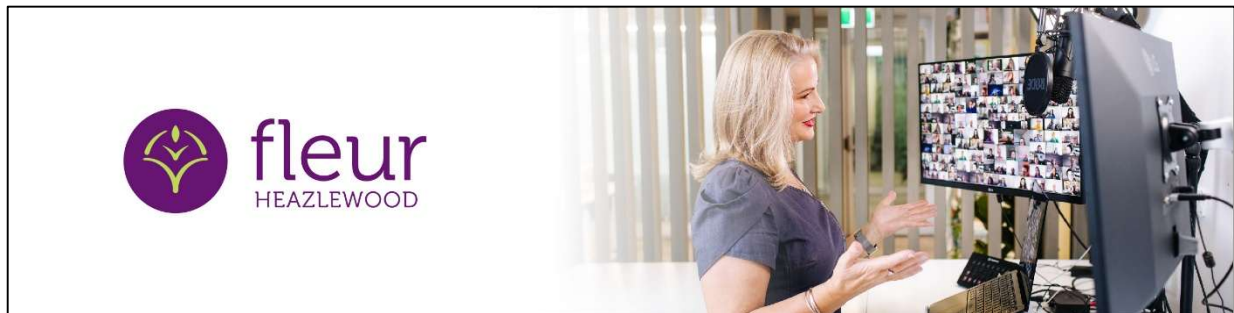
### Who Is This Course For?

- ✓ Busy professionals looking to reclaim control of their time and energy.
- ✓ Leaders who want to build their resilience and prevent burnout.
- ✓ Anyone ready to take small, science-backed steps towards feeling better and functioning well.

### Your Wellbeing Matters—Let's Get Started!

Join the Resilience Recipes Wellbeing Program today and start shaping healthier, more sustainable way of living and working.

**Investment: \$259+GST**



## About your Course Creator and Facilitator

Fleur Heazlewood is the Managing Director of the Blueberry Institute, and a leadership expert in healthy, high-performance. She brings over 20 years' corporate leadership experience including in CEO and executive director roles and has led many successful organisational turnarounds and culture transformations.

Fleur partners with leaders to create healthy, high performing businesses. She has trained over 5000-people in psychosocially healthy work, psychological safety for high-performing teams, future-fit resilience, and mental health conversation mastery.

Fleur is known for building positive performance cultures that deliver both wellbeing and commercial results. She works with many of Australia's leading organisations including Woolworths, Quantum, Ikea, Winc, 3M, ITW Construction, AGnVET, GenesisCare, Paramount Pictures, University of NSW, Redlands, NSW Health, Mental Health Commission, and the Department of Veterans' Affairs.

Fleur has a life-long commitment to learning and has a Masters in Coaching Psychology, Professional Coach Certification (PCC) with the ICF, a Commerce Degree, Australian Institute of Company Directors Certificate, and is a Master Mental Health First Aid Instructor. She is also a qualified 500-hour yoga therapy, mindfulness and breath regulation teacher.

Fleur is passionate about providing evidence-based best practice training, and upskilling organisations in how to transform the way we work - for the better. She partners with the Centre for Wellbeing Science, University of Melbourne to evaluate the effectiveness of our core training programs.

Fleur is an award-winning author. Her first book of Resilience Recipes – Making Space for Wellbeing that works, won Best Health and Wellbeing Book 2022 and Runner-Up Business Book of the Year 2022.

Her recent book Leading Wellbeing – A leader's guide to mental health conversations at work, won best Leadership book, best Management and HR book, and Book of the Year 2024 at the Australian Business Book Awards.

### Connect with Fleur:

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### To learn about how we help leaders and teams, check out:

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