

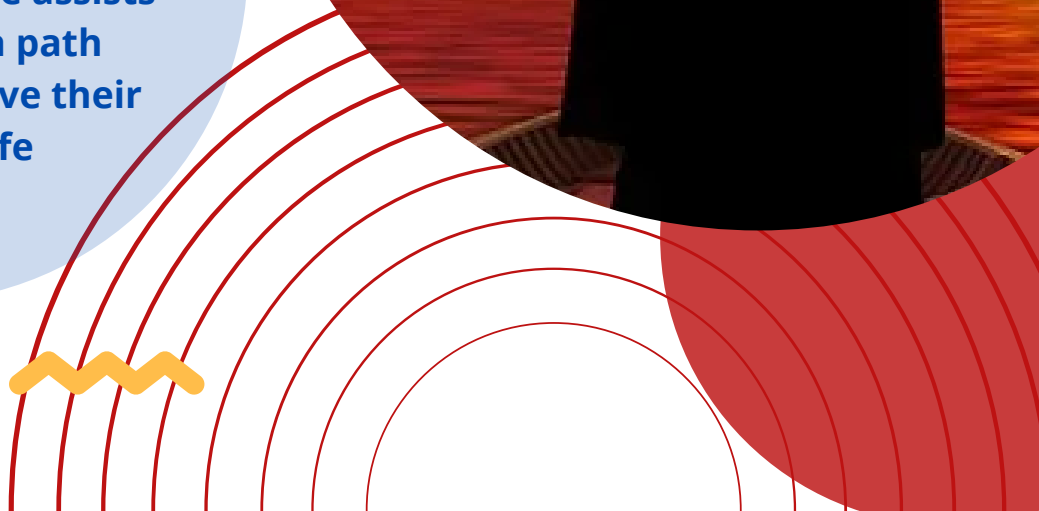
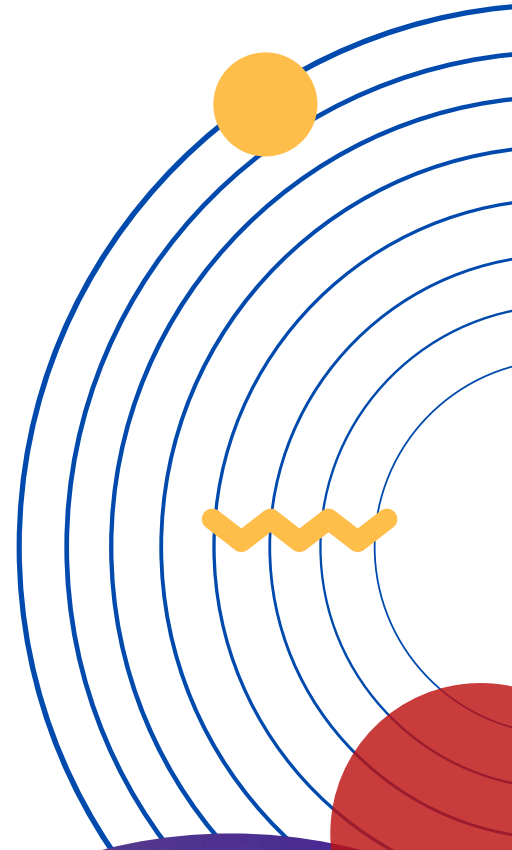
## PERSONAL COACHING PROGRAM

# ILLUMINATE

### Emotional Intelligence, Resilience and Trauma Education Program

A personal transformation program that educates participants about the traumatic impact of injury and illness, develops core emotional intelligence skills and improves an individual's resilience, stress management skills and overall well-being

Illuminate is for anyone with either a psychological or physical disability and is feeling 'stuck' or 'out of control'; Illuminate assists clients to find a path forward to improve their quality of life



# Illuminate - 6 Keys to success



**Education** is **KEY** to understanding the body's automatic response to trauma



**EI skill development** is **KEY** to managing trauma, fear and the human response



Developing **positive thinking** is **KEY** to recovery from trauma



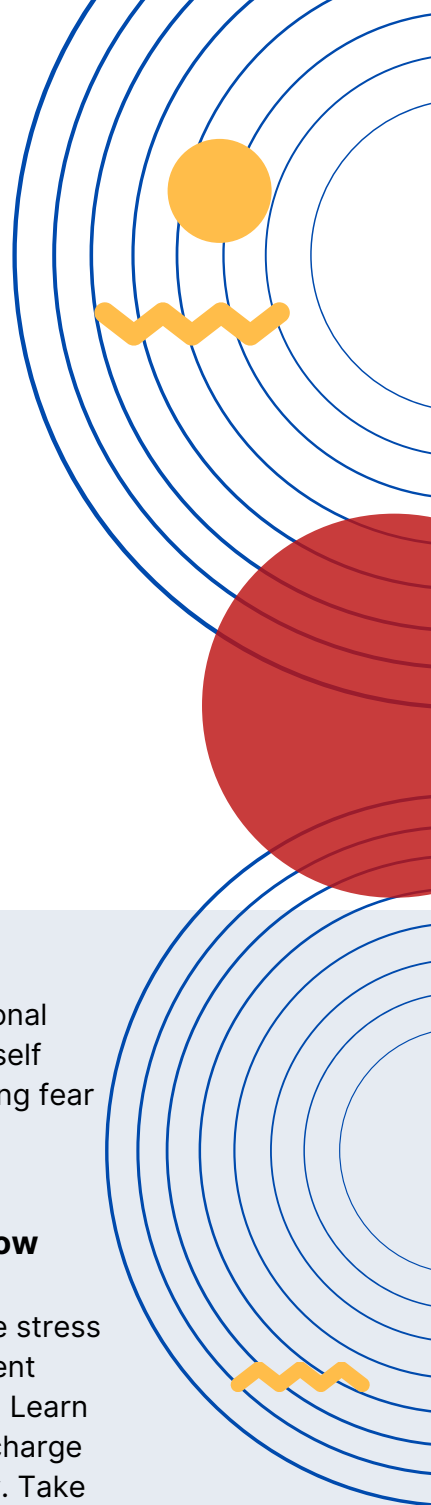
**Connecting behaviours to emotions, values & thoughts** is **KEY** to developing healthy emotional control systems



Developing **self-belief and self worth** is **KEY** to restoring a positive future and path forward



**Self-empowerment** is **KEY** to taking control of the future



## Phase 2 – Know Thy Self

Unpack your emotional needs and the importance of self awareness in developing positive relationships

## PHASE 1 – Know Thy Value

Unlock your true value. What are emotions and why are they important? Understand the impact of trauma on our feelings

### “Meet and Greet”

Get to now your Facilitator to enable open sharing and communication to maximise benefits from Illuminate



## PHASE 3 – Know Thy Strengths

Develop your emotional self. Strategies for self calming and managing fear in order to embrace change

## PHASE 4 – Know Thy Control

Investigate stress management strategies. Learn how to recharge and renew. Take control of your life back!



## PHASE 5 – Know Thy Strengths

Why is understanding others important? Develop techniques for managing conflict and having difficult conversations



# Illuminate - the skills it develops.....

*"Anyone that has a disability, will experience a variety of negative emotions and is likely to need assistance to manage the negative impact on their life;*

*the Illuminate Program is designed to help enhance a person's capacity to cope with these setbacks to achieve a successful return to a positive life "*

# Illuminate Program - client testimonials

"I was amazed in how much this course benefited me. I could not be more happy with how it all went. I have a lot more confidence and faith in myself to succeed in what I do. I feel much more grounded and calm. I can think much clearer about a situation and act accordingly"

"I am indebted - I am so grateful, it has been mentally challenging and exhausting in a positive way. I started 2021 never imagining it would be more challenging than 2020, now I cannot imagine how I would have coped if not for Illuminate."


"Structured to cater for everyone. Helps you to consider your situation and look at other avenues that are available to help you solve issues that were overwhelming in the beginning and learn how to deal with these in a better way, by giving positive direction to look for a better future."

"I found the program extremely useful. I feel I will be able to handle interviews and meetings better in the future"

"I am really trying to use the tools that I have gained from doing this course. I walk away from gossip, and do the 54321 approach. I have recommenced the gratitude journal "

"I feel stronger and more able to deal with people in life both in a work environment and home. Good to know that there is a way forward by learning to deal with different emotions. I feel I now have better tools to help me deal with people that I deal with on a daily basis"

# Illuminate will help individuals to enhance....

- 
- Resilience and Mental Toughness
  - Leadership
  - Stress Management
  - Conflict Management
  - Problem Solving and Decision Making
  - Managing Change

1. POWERPOINTS WITH WORKBOOKS
2. OPEN DISCUSSION
3. EXPLORATORY ACTIVITIES
4. TED TALKS/VIDEOS
5. POSITIVE THINKING ACTIVITIES
6. SELF DIRECTED DISCOVERY
7. REFLECTION

← **How is the program structured?**

## Delivery Options

*Illuminate* offers flexible delivery methods via:

- Face to face delivery in our offices
- The clients home, or
- Zoom delivery

\*\*Session duration can be varied to suit client needs

## Office Locations

Head Office  
Shop 2, 18-22 Hurtle Parade  
Mawson Lakes SA 5095

Woolcock Group Serviced Offices  
6A/938 South Road  
Edwardstown SA 5039

Stretton Centre  
307 Peachey Road  
Munno Para SA 5115

The Convent  
20 Penola Road  
Mt Gambier SA 5290

## When: Operating hours

We operate **5 days per week Monday to Friday** excluding Public Holidays between the hours of 8.30am and 5pm.

Meetings outside of these hours can often be negotiated.

**We offer local services at Victor Harbor, Eyre Peninsula, Clare Valley, the Riverland and Yorke Peninsula**