

# *The Live Well Play Well Program*

We all want to experience greater levels of well-being & performance in life. To consistently feel Mental Clarity, Emotional Ease, Physical Vitality, and Alive! We want to Live Well and Play Well so that we experience more joy, fulfilment, and great health. Unfortunately, as a by-product of our society and the way we live, stress, exhaustion, and ill-health are becoming the norm. Sadly, most **Australians feel** that **stress impacts their physical health (72%)** and **mental health (64%)** (APS). **1 in 3 Australians aged 11 - 17** experience **very high levels of psychological distress** (Headspace). Further, people are reporting **lower levels of well-being across all age groups**, with **46% of Australians suffering from burnout** in 2022 (ELMO). This results in higher levels of *disengagement, disconnection, distraction, and dis-ease* we are experiencing in the world, and the *drop out* we see in sport. These striking stats highlight the need for supportive action to create a shift in how we think, feel, and act - in how we live. Now more than ever we need spaces for people to *connect*, whilst learning how to *improve their well-being & performance* in life, using sport and community as the vehicle for inspiration and growth.

***The Live Well Play Well Program empowers players to discover greater levels of Well-Being & Performance on and off the field.*** Through the facilitation of safe, fun, activity-based workshops, players will **generate self-awareness** and **learn practices** to feel **energised for life** and **empowered to realise their full potential for living well and playing well!**

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To be the leaders of their own well-being & performance, players will be afforded the opportunity to engage in evidence-based, experiential workshops that **improve their physiology, develop their mindset, and cultivate their relationship skills.** In doing so, creating a shift away from Stress, Disengagement, and Disconnection, and moving towards **greater Energy, Focus and Connection!**

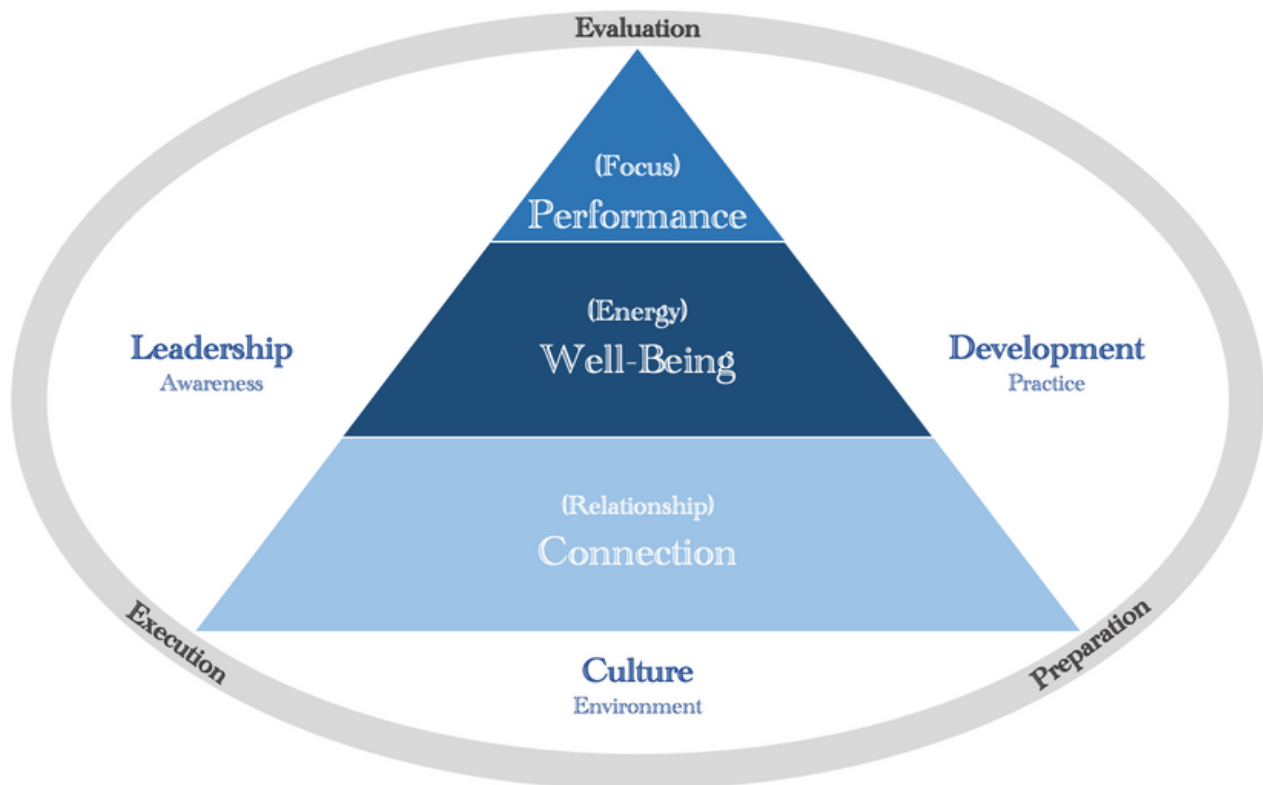
## **Players will benefit from the program by:**

- Generating self-awareness & self leadership via reflective practice.
- Fostering meaningful connection and relationship skills.
- Enhancing their self-confidence and belief to limit performance anxiety.
- Growing their emotional muscles to express their own thoughts and feelings.
- Learning mental performance and mindfulness practices to elevate focus, attitude, and flow.
- Recognising how to energise their body via rest, food, and movement.
- Adopting strategies to boost resilience and down regulate their stress response.
- Understanding how to realise their full potential for living & playing well.
- Gaining practices, tools, and resources to support their personal well-being & performance, and help their teammates do the same.

## **Club / School Benefits:**

- Proactively provide community well-being support to members.
- Advance culture and members' connection to club / school.
- Create an empowering environment centred on healthy relationships, healthy minds, and healthy bodies.
- Provide parents and coaches with specialised education on how to holistically support players/child.

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## **Preparation (Pre-Season)**

- Determine the program and workshop schedule for the season, including team workshops, and coach/parent workshops to be delivered.
- Logistics set to ensure smooth communication and execution throughout the program.

## **Execution (March - August)**

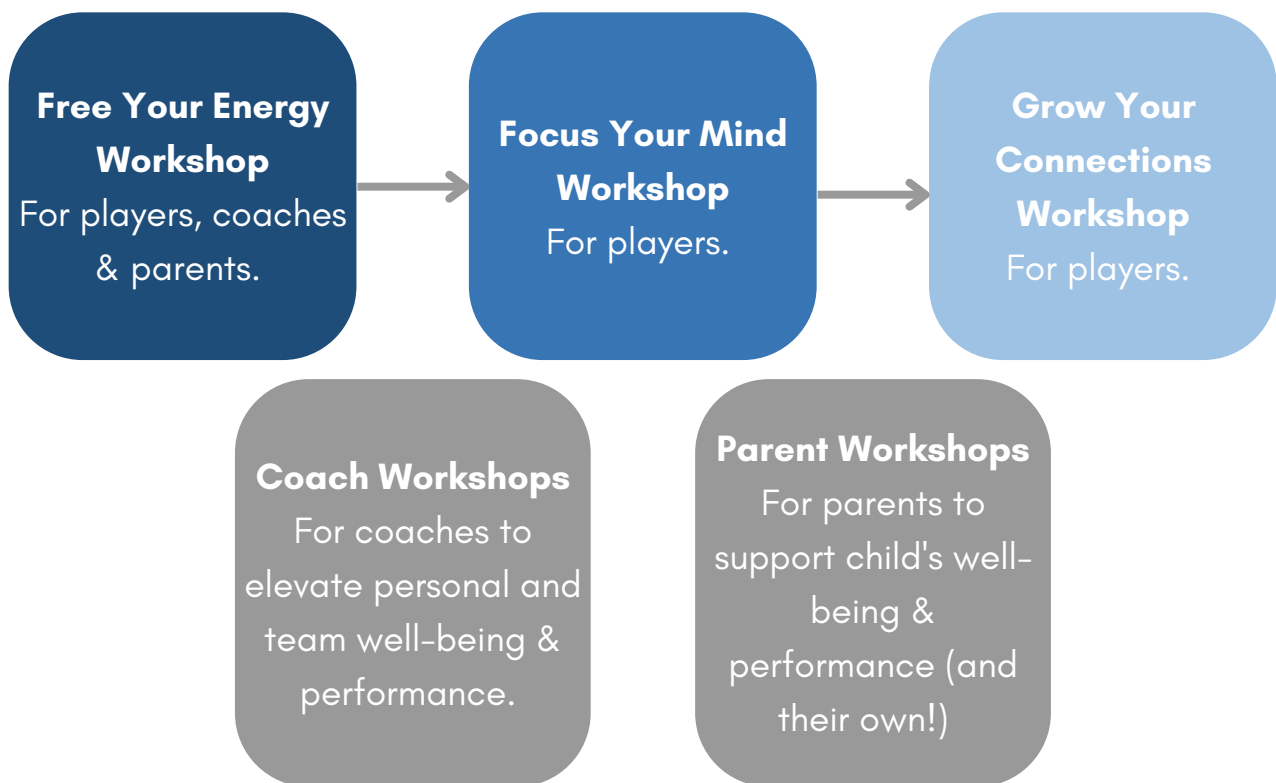
- The delivery of 90 minute workshops centred on empowering and energising people, delivered at club venue.
- Workshops delivered for single teams/squads, either replacing training sessions or delivered in addition to weekly training sessions.

## **Evaluation (On-going)**

- Collation of data collected from workshops and surveys to inform future sessions, guide strategy, and offer further support to members.

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## PROGRAM JOURNEY



### Free Your Energy Workshop

- Unlock insights on the fundamentals of well-being, stress, and how to optimally take care of self for *greater Energy* and sustained performance.

### Focus Your Mind Workshop

- Discover the power of mindset (Attention & Attitude), mental performance techniques and mindfulness practices for *greater Focus*, confidence and flow.

### Grow Your Connections Workshop

- Understand the importance of relationships and communication, learning how to authentically relate teammates for *greater Connection* and team cohesion.

### Coach & Parent Workshops

- Coaches/parents consider their current approach to engaging with players/child, and recognise strategies to further support and elevate player/child well-being & performance.

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## **PROGRAM PRICING**

| <b>Workshop</b>          | <b>Duration</b> | <b>Mode</b>            | <b>Cost</b>  |
|--------------------------|-----------------|------------------------|--|
| Free Your Energy         | 2 hours         | In Person              | \$25 per player<br>\$55 per family<br>(player & parents) |
| Focus Your Mind          | 90 mins         | In Person              | \$25 per player  |
| Grow your<br>Connections | 90 mins         | In Person              | \$25 per player  |
| Coach Workshops          | 90mins          | In Person or<br>Online | \$30 per coach   |
| Parent Workshops         | 90mins          | In Person or<br>Online | \$30 per parent  |

- Minimum cost per workshop delivered is \$300.
- Free Your Energy workshop is open to players, parents and coaches, and can be delivered multiple times for more reach.
- Workshops can be delivered as part of the full program or in a bespoke manner based on Club / School aspirations.
- Any additional player workshops are priced at \$25 per player.

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## **ALSO INCLUDED**

- Provision of worksheets, surveys, videos and resources to supplement the integration of learning.
- Growth and reflection tools provided to each player.
- Empowerment of leaders & player champions across Club/School to enhance club connection and culture.
- Provision of data collected from workshops to further understand players/parents/coaches and meet their needs & wants.

## **ADDITIONAL OFFERINGS**

- Delivery of practical football training sessions / workshops that bring to life program principles.
- Support with the maturation of Club/School Strategy and Culture for higher engagement and growth.
- Assistance with advancing Club/School Football Plan (coach & player development).
- Help with creating a tailored well-being Club/School framework, including centralising information for people to connect with appropriate health services.



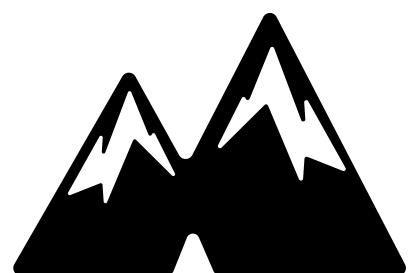
**Nick Marr**



**[nickmarr19@gmail.com](mailto:nickmarr19@gmail.com)**



**0439 767 286**



**NICK MARR COACHING**