

EVOLVE YOURSELF®



WHAT? HOW? WHY?

Self-Awareness

FOR WELLBEING SOLUTIONS

You have been born in the sleeve of the most advanced instrument, your body/mind

CREATE
conscious
patterns that
regenerate
renew
reinvigorate



OR

STAY IN
subconscious
default
patterns
triggering the fight
flight response



Self-awareness

You can start to drive the vehicle of your body/mind



96%
subconscious
patterns

Awareness changes
everything®

Elevate yourself
with practices that
support your inner
power

You are worthy of your
self-care

You can influence the
world in wellness
inside out

There are processes and
practices to support your
ability to drive the
sophisticated technology
of body/mind

Uncover the subconscious and open to more of yourself

EVOLVE YOURSELF®

We tend to learn so much about everything outside ourselves and forget to invest in learning about the very faculties of the mind/body/spirit we have been born into!

Why is self-awareness so good to develop when we talk of wellness? Because the majority of the patterns you run in - are subconscious. Those patterns filter attention to the world and keep the body/mind in what it knows of cycles that hurt or serve the organism. Awareness allows a person to get back in the vehicle of the body/mind, to ditch those tendencies that don't serve and open up more pathways that do.

You have a superb reflex of caring for others, but this is not sustainable. Bringing awareness to the very root of care is where you choose self-care to thrive, so that permeates to all those you care for.

The debilitating reflex of caring for others first is cultivating a culture that does not serve. You have the gift to shift this, but it takes attention and awareness.

YOUR CARE MATTERS, YOU MATTER.

Your body/mind/energy/spirit/emotions.

Body, mind, spirit, emotion and energy all influence every environment you choose to play in. The idea is if you get to know yourself, you can use all of the faculties of your instrument to serve your life experience.



**WHOLE
WELL SELF**

Self-awareness for wellness

You are not your patterns of the condition. Looking at your whole self requires attention to unpack and unfold into a more wholesome life.

Discovering those patterns that don't serve you and activating those that do allows you to get back in the drivers seat of your life.

Your intention? What is that right now?

Habits are patterns within your psyche, behaviour, biochemistry, from your ancestors, hereditary, culture or developed in your own life experience,

List habits in your life that serve your life, thoughts, experiences, people, feelings:

- 1.
- 2
- 3
- 4
- 5
- 6
- 7
- 8

List habits in your life that hurt your life, thoughts, experiences, people, feelings:

- 1.
- 2
- 3
- 4
- 5
- 6
- 7
- 8

Subconscious patterns create the life you experience.

Becoming self-aware you unpack and reframe beliefs to serve your life.

It takes attention and activation of new pathways.

5 KEYS TO UNLOCK YOURSELF

- MEDITATION
- BREATH
- MOVEMENT
- REFLECTION/PROJECTION
- EDUCATION

**Techniques
that bring the
subconscious to
the conscious**

Activities to create the space for newness to arrive

Tick off each activity as you achieve it!

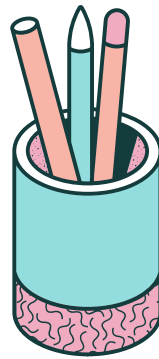


Watch a sunrise or sunset without taking a photo



Practice deep breathing

Sit in silence for 20 minutes and listen for hidden sounds



Colour in a picture

Taste something new and describe the flavours



Feel the different textures of leaves in your garden



Walk your neighbourhood at dinner time and smell your neighbour's cooking

Write a list of 10 things you are grateful for



THE EVOLVE YOURSELF® PATHWAY FOR INNER EXPLORATION



EVOLVE YOURSELF® DAY WORKSHOP

This CPD day workshop opens awareness as to why individuals want to take self-awareness processes and activations into the work environment. Learn about the body/mind functioning. Engage with practices for inner transformation to support coherence within the workspace, team and community.



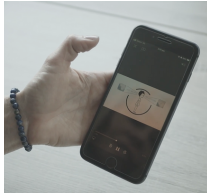
EVOLVE YOURSELF® 30 DAYS ONLINE COACHED PROGRAM WITH 4 X 1-HOUR VIRTUAL MEETINGS

30 day CPD program with live coaches and 1 hour weekly zoom to support accountability and deeper learning. Our interactive platform helps users to develop healthy lifestyle habits like being more mindful, prioritising self-care and mental health.



LEADERSHIP WELLNESS TRAINING

Sustainable culture change requires embodied leadership. Changing lives, changing culture is available when the community gets amongst the shift with a leader that walks the talk. Enliven the knowledge to sustain and fulfil the vast ever-changing environment of your unique needs.



EVOLVE YOURSELF® 365 DAYS OF HABIT FORMING

Evolve Yourself sustainable solutions - An annual subscription - a portal/app to build mental/physical and psychological wellness. Developing habits of health prompts of wellness solutions and activations. for the next year - and beyond.



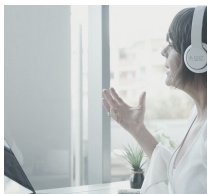
ORGANISATIONAL WELLBEING CONSULTANCY

A wealth of intelligence packaged for health. Radically shift your employee's health and wellbeing journey with an EYI package tailored to your culture. The result? An elevated healthy and happy workspace.



CULTURE CHANGE VISUAL AIDS & TOOLS

Bring the activations to life with visual stimulus and prompts into the workspace for the cultivation of embodiment within your environments setting. Normalise wellbeing and self-care practices to make them habitual and socially accepted within the work environment.



EVOLVE YOURSELF® ONE TO ONE MAINTENANCE PACKAGES

One to one monthly coaching and impromptu support calls to deepen the embodiment of all you have learnt to bring your highest presence to life. Be guided and maintain the pathway of excellence within the ever changing environment. Gold 12 month or Silver 6 month packages available.



EVOLVE YOURSELF® SINGLE OR MULTI DAY RETREAT

An immersive experience set in natural and nourishing surrounds suitable for team building, leadership development, resilience training and personal development. A deep dive into wellbeing activations such as breath, meditation, yoga and movement. EYI retreats are individually tailored to each client.

CONTACT US TO EXPLORE: WWW.EYI.GLOBAL

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