



DEEP HEALTH TRANSFORMATION

GROWTH

EFFECTIVE AND SUSTAINABLE
PERSONAL GROWTH FOR
OUTSTANDING PERFORMANCE AND
MAINTAINING THE COURSE
TOWARDS SELF-REALISATION

MEANING

SUSTAINABLE PERFORMANCE

LIVE EXCEPTIONALLY

SOCIAL WELLBEING

STRONG SENSE OF SELF AND SELF-WORTH,
FEELING PART OF A "BIGGER PICTURE"
CONTRIBUTING TO THE WELLBEING OF THE
WORLD COMMUNITY

PERFORM EXCELLENTLY

FLOW, FULFILMENT, PEACE OF MIND

COMPETENCE, ENERGY, PRODUCTIVITY,
FOCUS, AND SUSTAINABILITY IN WORK,
CAREER, SKILLS, AND PERSONAL GROWTH

WELLBEING

AWARENESS AND CONNECTION IN ALL
DEEP HEALTH AREAS OF LIFE THAT ARE
CHARACTERISED BY OPENNESS, TRUST
AND AUTHENTICITY

PHYSICAL

MENTAL

EMOTIONAL

RELATIONAL

ENVIRON-
MENT

EXISTENTIAL

FEEL GREAT

WELLBEING, FREEDOM AND FLEXIBILITY

POSITIVE RESILIENT AND GOOD GENUINE
CONTACT AND INTERACTION WITH OTHERS.
FEELING RESPECTED, "SEEN", VALUED AND
SUPPORTED, SAFE AND SECURE AND BEING
ABLE TO ACT AS YOU WISH.

VITALITY

SUSTAINABLE OPTIMISATION AND
INTERNALISATION OF SELF-CARE IN
ALL FIVE AREAS OF HEALTH

FITNESS

NUTRITION

STRESS MANAGEMENT

SLEEP / RECOVERY MANAGEMENT

CHANGE MANAGEMENT:
SELF-AWARENESS, GROWTH-MINDSET, EMOTION REGULATION

LOOK GOOD

VITALITY, STRENGTH, SHAPE, RADIANCE

BODY FEELS, FUNCTIONS AND
PERFORMS WELL AND WITH LIGHTNESS