

NOURISHING YOU AND YOUR BABY'S ABSOLUTE POTENTIAL



ABSOLUTE POTENTIAL
Health & Performance

A One of a Kind Prenatal Workshop on How
to Be Your Best Self and Give Your Baby the
Best Start in Life

8 WEEK WORKSHOP OVERVIEW 2019

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HELLO MAMA- TO-BE!

Congratulations on your upcoming bubba!

We know what it's like navigating the pregnancy gauntlet - not only do your body and mood feel out of your control, but the sheer volume and at times contradictory amount of information about everything pregnancy-related is often completely overwhelming.

That's why we designed this unique 8 week prenatal workshop - to support, educate and empower mama's and papa's-to-be (as well as their supports) in a way that gives you the confidence to make the best choices for you and your baby.

We believe that a happy, healthy and independent child begins with a happy, healthy and empowered parent and that's how this course is different to other training or courses out there.

So read on, and find out more about how Nourishing You and Your Baby's Absolute Potential will give your baby the best start in life :)

Sissy Taufika

Absolute Potential Health & Performance

WORKSHOP OVERVIEW

A holistic workshop integrating concepts of physiotherapy, functional nutrition, exercise, mental-emotional wellbeing & spirituality to help you rediscover your best self - so you can help your little ones become their best selves.

Designed by physiotherapist, nutritionist, C.H.E.K. Practitioner & Holistic Life Coach, Sissy Taufika, this 8 week course is an educational, practical and above all, enjoyable and implementable prenatal course with a twist: by connecting parent's-to-be during pregnancy, you get your own local 'parents group' and support circle to help you through the early days and beyond.



Contents

Workshop Overview.....	p3	What to Expect....	p8
Modules 1-3.....	p4	Who, Where & Why.....	p9
Modules 4-6.....	p5	Pricing.....	p10
Modules 7-8.....	p5	FAQs.....	p11-13
Bonuses.....	p7	Contact Us.....	p14

MODULES

Week 0: Initial 1-1 consult

(Completed in week prior to course begin)

Full posture, nutrition & lifestyle assessment

Includes assessment of core, pelvic floor, current injuries and/or any pregnancy-related issues

Week 1: Welcome, Intentions, Housekeeping, Guidelines for Workshop

1 Day, 1 Priority: how to gain more time in your day

Meditation for Motivation: Visualising Your Why

Week 2: Self-Care 1 [Thoughts & Emotions] : Why mum guilt is making us bad parents

Why our thoughts (about parenting) might matter more than what we do

Self-care, me-time - how to finally have time for it and why it makes you a better parent

2 minute exercise to banish parental guilt & worry

How to ask for help and not feel bad about it: What are your deck of cards?

Meditation for Acceptance and Self-Respect as a Mama

Week 3: Self-care 2 [Breathing]: Techniques to reduce pregnancy stress plus pain relief during labour

How Stress Affects Your Unborn Baby: Yes, even now!

The good and bad of our stress response and why correct breathing is so important

Techniques for natural pain relief during labour

Breathing exercise to reduce pregnancy stress & anxiety

MODULES

Week 4: Nutrition 1 [Hydration]: Why what you eat & drink really is important to you and your baby's health

How water can make you smarter

1000 Day Diet: Why what you eat from pregnancy until your bubba is 2 sets them up for the rest of their life

Balancing blood sugar: the key to better sleep, better health and a better body

Mum's microbiome & its influence on baby's immune system

Why pooping is the best thing you can do (daily) for your health

Water with Intention Activity

Week 5: Nutrition 2: Why Elivit may not be the the best supplement for you and what nutrients you actually do need for a healthy pregnancy

Nutrients for a healthy pregnancy & baby

Choosing the right supplements and if you need them at all

Nutrients to use during labour for a natural birth

Week 6: Sleep: Why more ZZZ's are essential for you and baby to be healthy

What is sleep and why is it so important?

Sleep's effects on you, your baby's health and their newborn sleeping patterns

What is sleep hygiene and do I need a clean out?

Optimal sleeping positions during each trimester

MODULES

Week 7: Body, Movement & Exercise: Is everything okay down there?

Pelvic floor muscle & core training: Bounce back quicker and prevent distasis recti

What should I avoid & what's safe to do during pregnancy: Safe exercises for each trimester

Week 8: Community & Final Session Party: The importance of tribe, connection & reaching out

Final review of workshop

Link to Resources & Services

Partners can come if not already in course

Nourishing You morning tea (wholesome pregnancy-suitable snacks, tea and drinks provided)

Plus:

- o Private Facebook/Whats App group with workshop members & Sissy – where you can post questions in safe private space, share resources and keep in contact after the workshop ends
- o Nourishing You & Your Baby's Tribe: Each workshop becomes their own private parents group

BONUSES

Bonus gifts:

- o Workshop & Intention Journal
- o Connection to nature gift

Bonus Modules:

Any one of our bonus modules can be added on at an additional cost of \$60 (usually \$100 each)

- o Acupressure, movement & massage techniques for pain relief during childbirth
- o Meditation, Mindfulness & Motherhood: Mastering Your Mental Strength for Mums
- o Personalised Pregnancy Exercise Program – Sissy will design and take you through a customised home exercise program to suit your pregnancy body & needs
 - Strength Training During Pregnancy: the Do's and Do-Not's
- o Take 2: Repeat of any of the included workshop topics – more in-depth review of topic, focus on any individual-specific questions (great if you've missed a session or feel like you want more detail specific to you)

PLUS: Discounted Access to our NOURISHING YOUR BABY POST

NATAL WORKSHOP (taken once your baby is 4 months):

In our Post-Natal Workshop, we revisit the same 7 principles of health taught in our Prenatal Workshop, this time relevant to your newborn being 4 months old and the specific challenges related to early parenthood. This course can be taken on its own (ie. you don't need to do the Prenatal course to join) or as a progression of attending the Prenatal Course – either way, you'll gain useful, holistic and realistic advice on looking after you and your baby's health (did we also mention your sanity?) once they've entered the world.

WHAT TO EXPECT

Our Nourishing You and Your Baby's Absolute Potential workshop is a non-judgemental, educational course that empowers you with the confidence and knowledge to be the best parent you can be - so you can best support your baby to be the best they can be.

Our aim is to provide parents-to-be and their closest supports with a safe, nurturing, supportive, inclusive, positive, spirit-nourishing space in which curiosity is encouraged and individuality is paramount, because what worked for others may not work for you and there IS no one size fits all.

Importantly, this course is about actively participating in - not just passively accepting - your journey towards being an awesome parent and the greatest influencer on your child's future health and wellbeing.

You'll learn how to approach optimal pregnancy health based on 7 foundational principles: Thoughts, Breathing, Hydration, Sleep, Nutrition, Movement and Community; plus a liberal sprinkling of self-care and how to implement it (trust us, you'll be grateful that you learnt how once baby arrives!).

Importantly, we know that life is hectic and there is always something else that needs to be done so everything we teach you is realistic, achievable and easy-to-implement during pregnancy and beyond ... because we also know knowledge doesn't mean anything unless you actually implement it.

If these principles resonate with you, then we'd love to have you join us!

WHO, WHERE & WHY

WHO

Sissy is a mama to one, as well as a registered physiotherapist, nutritionist, C.H.E.K Practitioner and Holistic Life Coach. She has training in Clinical Pilates, ELDOA & Myofascial Stretching, Advanced Breathing and Biomechanics, developmental paediatrics and early intervention, hydrotherapy as well as extensive experience working with people with elite athletes and people with a disability. Her holistic approach to helping others came about from her own personal health and business journey, which you can read about more on her website, www.absolutepotentialhp.com.

WHERE

The workshop takes place in our beautiful home studio in the leafy green of Mons, 20 minutes from Maroochydoore and 10 minutes from Buderim Village on the Sunshine Coast. Although we're within minutes of the highway, we're tucked away in a peaceful pocket called Hideaway Place which makes it the perfect retreat for learning, renewing and connecting with others. Our home backs onto an acre of natural rainforest and we feel we've succeeded in bringing the tranquility of nature into our clinic while still being conveniently located. We have free parking in our quiet cul-de-sac, and our studio is fully wheelchair accessible.

WHY

Because we think it'll change your parenting life! As well as your baby's :)

PRICING

The cost of attending the workshop is \$799 for 8 one-hour group sessions and a 90 minute initial one-on-one consultation.

Price includes:

- PDF copy/hardcopy of course notes
- Video/audio recording of each session for your resources (will only be shared with group members)
- Bonuses as listed above
- Unlimited filtered mineral water and herbal tea
- Access to Sissy via text, Private Facebook group or phone between sessions
- Final session catered morning tea (please let us know in advance if you have any dietary requirements)
- All equipment and props needed will be provided

Bonus Modules can be added to your Workshop price at the time of booking for \$60 each (usually \$100 if booked separately). These take place after the main workshop has been completed, with days and times to be confirmed based on numbers and availability.

Referral Bonus: Do you have a friend or sister who's expecting around the same time as you? They get \$50 off their workshop price if they come with you - and we'll give you \$20 off your course as a thank you!*

**Terms & conditions: Only available to new clients*

FAQS

What are your payment options? When do I need to pay? After booking, we will email you an invoice with payment and bank details so you can transfer the course fee directly to us - this avoids merchant charges so we don't have to charge you extra fees. Due to limited spaces, full payment is needed 1 week prior to the workshop commencement date to confirm your place, otherwise we will need to make your place available to someone else. If you're bringing a friend or partner and want to claim the discounted price, please email or contact us after booking yourselves both in so we can adjust your invoices. Should you wish to pay by credit card or Paypal, we can easily arrange this for an additional 2% surcharge.

Can I claim the course through HICAPS or Medicare? Depending on your private health fund, you may be able to get a rebate for the initial 1-1 session (normal price of \$140). Please let us know prior to attending if you wish to claim and we can arrange a separate invoice that you can submit to your healthcare fund. Medicare will generally not fund an initial session unless you have a prior long-standing chronic condition (> 6 months). If you're unsure, please contact us and we can give you more info.

I'm 26 weeks pregnant - can i still attend? If you're within 2 weeks pre or post the recommended 24 weeks (ie. 22 weeks - 26 weeks) you're still more than welcome to join our course! If you're much earlier in your pregnancy, then we recommended contacting us about the next course so you can connect with mothers of a more similar gestation. If you're much later in your pregnancy, we recommend waiting for our post-natal workshop as the concepts presented will be more relevant to you and your baby

FAQS CONT.

Is this course only for pregnant women or can partners or non-pregnant women attend? This course has been designed for expecting mama's around the 24 week gestational period, as well as their closest supports eg. partner, mother, best friend, doula - because we believe learning more about what their soon-to-be-mama needs will enable them to better support them during pregnancy and afterwards. Although people who are not expecting or connected to someone who is pregnant will still gain a lot out of this course, we prioritise those who are currently pregnant and their supports because they'll benefit most from the course as well as from the Nourishing You and Your Baby Tribe that each group forms.

What if I can't make a session? Unfortunately due to the structure & nature of the workshop, we don't offer make up sessions if you're unable to attend one week. But all sessions will be recorded (either video or audio only) and made available to that group's members as a resource so you'll be able to watch or listen to it at a later stage. Although we understand that unexpected things happen, we really do recommend you prioritise attending each session face-to-face to get the most of the workshop - it is also an important action (as you'll learn more about when you attend) to demonstrate self-respect, self-care and that it's important to take time for you!

FAQS CONT.

Can I do this course online? Sorry, but you do need to come in and see us face-to-face :) At some point in future we may offer an online version of this course but at this stage our goal is to connect local women and provide them with the much-needed support and community essential to surviving parenthood, in addition to the course's education and training. If you're located interstate or remote, drop us a line and let us know you're interested in the course - the more interest we get, the more incentive we have to offer it in other forms.

I've been having lots of pain and issues since being pregnant - will this course help? This course is intended for pregnant women with minor pregnancy-related issues & concerns. It is not designed to assess or treat more serious physical conditions. Should you be having issues, please call us to book a 1-1 consultation where Sissy can properly assess and help you with a customised treatment plan. Because pregnancy doesn't have to be painful!

I can't book online - what do I do? Having troubles booking online? Please give us a call and we can do it for you!

I'm still not 100% if I can commit the time or money, what should I do? That's cool, we know making a commitment can be a big deal! Simply book in for a completely free 30 minute phone call and we'll be more than happy to chat more with you about the course, your concerns and possible payment options.

CONTACT US

Still have questions or ready to book?

Give us a call on 0422 353 780 - if we don't answer straight away then we're probably putting baby to sleep or in the midst of #mumlife so please leave a message or better yet - send us a text with your name and the best time to call you back!

Alternatively, you can always drop us a line at sissy@absolutepotentialhp.com. We may get back to you at odd times of the day (like 5:45am or 9pm at night) - you'll know exactly why once your little one arrives!

For more holistic tips, practical parenting and nutritionist-approved recipes, you can find us at:

Website: www.absolutepotentialhp.com

Follow on Instagram [@absolutepotential_fuel](https://www.instagram.com/absolutepotential_fuel)

Facebook: [facebook.com/absolutepotentialhp](https://www.facebook.com/absolutepotentialhp)



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