

Introduction

Resilience is the ability to bounce back and recover. There is a connection between physical health and resilience. Individuals that are physically in shape, generally feel better mentally, psychologically, and emotionally. They are also better able to recover from mental health and physical health challenges.

As a workforce, we want to be healthy and happy. Supporting each other and ourselves is central to taking our busy working day in our stride.

Our program, led by Samantha Blight (Positive Insight Group) and Annalee Brumby and her team (Hobart Fitness Training) is designed to give us the tools to support us in creating a resilient team.



Samantha Blight

Samantha is a registered psychologist and current PhD candidate with a passion for developing and implementing resilience programs in the workplace. Prior to obtaining her Clinical Masters degree, she spent over 20 years working across a range of government and non-government organisations, including over 4 years as a senior welfare manager in Papua New Guinea. She now lives (and thrives) in Tasmania with her partner and two amazing cats.



Annalee Brumby

Hobart Fitness Training Studio Director

Annalee has over 15 years fitness industry experience. She established Hobart Fitness Training 6 years ago. Annalee is passionate about seeing the client as a whole and training them from there. She loves a good cup of herbal tea and watching her daughter Norah dance.

- 2004 Certificate IV in Fitness
- 2004 Certificate III in Fitness
- 2019 Kaizen Level 2 Advanced Health Coach
- 2015 Metabolic Jumpstart Nutrition Certification
- 2007 Certificate IV Business – Human Resources
- 2016 Kettle Bell Step Level 1
- 2016 Kettle Bell Step Level 2 - Advanced Concepts
- 2017 Yoga Fit Fundamentals Level 1 & 2 Trainer
- 2017 Pelvic Floor First Certificate
- 2006 Les Mills Body Pump Instructor Certification
- Current First Aid



Nadia Cole

Fitness Professional

Nadia is a highly experienced trainer, with almost 20 years in the sports and fitness industry. Nadia spent a lot of her professional life, training clients in London. She relocated back to Hobart in 2018 with her partner Zane. Nadia loves coffee and should not be approached if she hasn't already had at least two cups of strong coffee.

- 2018 Advanced Coaching Academy ongoing
- 2017 London College of Massage Diploma in Remedial Massage
- 2017 Strike Pads Boxing, Animal Flow, Level 2 Nutrition,
- 2013 ARNI Stroke Rehabilitation Therapist
- 2010 Indoor Cycling, Circuit Training, TRX, Kettle Bells
- 2006 Level 3 & 4 Personal Trainer
- 2006 First Aid Assessor (workplace first aid updated 2016)
- 2006 Certificate IV in Training and Assessment
- 2002 AustSwim Swimming Instructor (updated 2017), AquaAerobics
- 2002 Upper 2nd Class Honours in Psychology, University of Tasmania
- 1999 –2001 Bachelor of Arts Degree, Double Major in Psychology
- 2019/20 Currently enrolled in Post Graduate Counselling at UTAS



Morgan North

Fitness Professional

Morgan has always loved to move, competing in Cross Country at a State level in NSW during school. Becoming a mum at 20 put professional life on hold for Morgan. She loves to see clients moving and making exercise part of their lifestyle. Morgan has four children and therefore has eyes in the back of her head. So don't try slackening off when her back is turned, she will know!

- 2018 Certificate III in Fitness
- 2018 Certificate 4 in Fitness
- Current First Aid
- 2019 Meta Fit Instructor
- 2019 Meta Power Instructor
- Currently studying Bachelor Exercise and Sports Science CSU NSW

Ten Lives Resilience Calendar 2020

Month	Theme	Rationale	Toolbox Focus
January	Resilience	Mid (high season) reminder of resilience building to help keep core concepts front of mind.	<ul style="list-style-type: none"> ▪ Key point reminder ▪ Discuss benefits ▪ Provide more resources ▪ Include inspirational quotes/stories ▪ Invite comments/suggestions
February	Time in (HMP)	Promote that even 5 minutes of mindfulness can improve MH, focus and productivity during busy periods.	<ul style="list-style-type: none"> ▪ Mindfulness information ▪ Apps ▪ Exercises/Scripts ▪ Resources
March	Downtime (HMP)	In addition to a focused mind (mindfulness), allowing one's mind to wander often results in new insights/creativity.	<ul style="list-style-type: none"> ▪ Share benefits ▪ Give examples ▪ Provide resources ▪ Invite comments/suggestions
April	Connecting Time (HMP)	Focus on human connection and differences between individuals (normalising we're all different).	<ul style="list-style-type: none"> ▪ Provide info on friends ▪ Normalise feelings/individual differences ▪ Tools & resources
May	Sleep Time	Review of sleep benefits and strategies to increase restful sleep.	<ul style="list-style-type: none"> ▪ Share more research ▪ Provide tools to improve sleep ▪ Share sleep facts
June	Overcoming Obstacles (Thinking Traps)	Similar to physical fitness, at times we get sidelined by a small injury or succumb to negative thinking (thinking traps). This month we'll normalise set-backs and learn how to get back on track.	<ul style="list-style-type: none"> ▪ Normalise life's curveballs ▪ Use tool to determine some thinking traps ▪ Strategies to get back on track
July	Playtime (HMP)	Have fun! Importance of play for adults during the 'downtime' period. Hopefully increase mood/reception to the last resilience series!	<ul style="list-style-type: none"> ▪ Share fun ideas/apps/jokes ▪ Provide resources ▪ Do fun activity together
August	Physical Time (HMP)	A good opportunity to gear up for summer - both personally but also in preparation for the busy season (when individuals tend to start thinking to the summer season).	<ul style="list-style-type: none"> ▪ Give examples of benefits to mental health ▪ Give general information on exercise ▪ Tools/strategies ▪ Facts
September	Focus Time (HMP)	A review about how we approach tasks/set goals/conduct productive work. A good reminder before seasons kicks off to put strategies in place.	<ul style="list-style-type: none"> ▪ Task setting strategies ▪ Facts/resources ▪ Invite comments suggestions on work/life strategies
October	Overcoming Obstacles 2 (Thinking Traps)	Second reminder that progress is not always linear. This will be a good reminder for those who've been part of the group from the start, but also prepare individuals for resilience building next month.	<ul style="list-style-type: none"> ▪ Part 2 reminder of occasional slips ▪ Motivation to move forward vs dwell ▪ Additional resources
November	Mental Health Awareness (Positive & Negative)	Coincides with first session and stresses importance of building mental health (like physical health). Therefore, understanding positive MH (increasing resilience) but also awareness of symptoms and supports if needed for self or family.	<ul style="list-style-type: none"> ▪ General statistics ▪ Normalise experience ▪ Provide free apps
December	Building Positive Mental Health (Positive Psychology)	Understanding resilience in the concept of positive psychology (what makes us Thrive), but more broadly, positive psychology helps establish our values, find our strengths and determine ways to increase mood. This will replace a few items taken out of the first session. December/January will focus on resilience & positive psych to really make sure these concepts are understood and practised/reminded daily.	<ul style="list-style-type: none"> ▪ Practical tools and exercises to define values (different to what we did) ▪ Strengths finder exercise ▪ Additional strategies for resilience and growth (ex. Gratitude journal)

Ten Lives Physical Fitness Timetable 2020



Date	Session 1	Session 2	Resilience Theme	Exercise (HFT)
Tuesday, 10 March 2020	12:15 - 12:45	1:00 - 1:30	HMP - DownTime	Beginner Yoga Postures and Meditation
Wednesday, 18 March 2020	12:15 - 12:45	1:00 - 1:30	HMP - DownTime	Beginner Yoga Postures and Meditation
Thursday, 26 March 2020	12:15 - 12:45	1:00 - 1:30	HMP - DownTime	Beginner Yoga Postures and Meditation
Friday, 3 April 2020	12:15 - 12:45	1:00 - 1:30	HMP - Connecting Time	Light partner fitness work
Saturday, 11 April 2020	09:00 - 09:30		HMP - Connecting Time	Light partner fitness work
Sunday, 19 April 2020	09:00 - 09:30		HMP - Connecting Time	Light partner fitness work
Monday, 27 April 2020	12:15 - 12:45	1:00 - 1:30	HMP - Connecting Time	Light partner fitness work
Tuesday, 5 May 2020	12:15 - 12:45	1:00 - 1:30	HMP - Sleep Time	Mat Pilates or Stretching/Breathing
Wednesday, 13 May 2020	12:15 - 12:45	1:00 - 1:30	HMP - Sleep Time	Mat Pilates or Stretching/Breathing
Thursday, 21 May 2020	12:15 - 12:45	1:00 - 1:30	HMP - Sleep Time	Mat Pilates or Stretching/Breathing
Friday, 29 May 2020	12:15 - 12:45	1:00 - 1:30	HMP - Sleep Time	Mat Pilates or Stretching/Breathing
Saturday, 6 June 2020	09:00 - 09:30		Overcoming Obstacles 1 (Thinking Traps)	Brain Teaser Fitness
Sunday, 14 June 2020	09:00 - 09:30		Overcoming Obstacles 1 (Thinking Traps)	Brain Teaser Fitness
Monday, 22 June 2020	12:15 - 12:45	1:00 - 1:30	Overcoming Obstacles 1 (Thinking Traps)	Brain Teaser Fitness
Tuesday, 30 June 2020	12:15 - 12:45	1:00 - 1:30	Overcoming Obstacles 1 (Thinking Traps)	Brain Teaser Fitness
Wednesday, 8 July 2020	12:15 - 12:45	1:00 - 1:30	HMP - Play Time	Gamefied fitness session
Thursday, 16 July 2020	12:15 - 12:45	1:00 - 1:30	HMP - Play Time	Gamefied fitness session
Friday, 24 July 2020	12:15 - 12:45	1:00 - 1:30	HMP - Play Time	Gamefied fitness session
Saturday, 1 August 2020	09:00 - 09:30		HMP - Physical Time	Beginner bootcamp
Sunday, 9 August 2020	09:00 - 09:30		HMP - Physical Time	Beginner bootcamp
Monday, 17 August 2020	12:15 - 12:45	1:00 - 1:30	HMP - Physical Time	Beginner bootcamp
Tuesday, 25 August 2020	12:15 - 12:45	1:00 - 1:30	HMP - Physical Time	Beginner bootcamp
Wednesday, 2 September 2020	12:15 - 12:45	1:00 - 1:30	HMP - Focus Time	Body weight strength
Thursday, 10 September 2020	12:15 - 12:45	1:00 - 1:30	HMP - Focus Time	Body weight strength
Friday, 18 September 2020	12:15 - 12:45	1:00 - 1:30	HMP - Focus Time	Body weight strength
Saturday, 26 September 2020	09:00 - 09:30		HMP - Focus Time	Body weight strength
Sunday, 4 October 2020	09:00 - 09:30		Overcoming Obstacles 2 (Thinking Traps)	Fitness obstacle course
Monday, 12 October 2020	12:15 - 12:45	1:00 - 1:30	Overcoming Obstacles 2 (Thinking Traps)	Fitness obstacle course
Tuesday, 20 October 2020	12:15 - 12:45	1:00 - 1:30	Overcoming Obstacles 2 (Thinking Traps)	Fitness obstacle course
Wednesday, 28 October 2020	12:15 - 12:45	1:00 - 1:30	Overcoming Obstacles 2 (Thinking Traps)	Fitness obstacle course
Thursday, 5 November 2020	12:15 - 12:45	1:00 - 1:30	Mental Health Awareness	Light cardio session - LIIT
Friday, 13 November 2020	12:15 - 12:45	1:00 - 1:30	Mental Health Awareness	Light cardio session - LIIT
Saturday, 21 November 2020	09:00 - 09:30		Mental Health Awareness	Light cardio session - LIIT
Sunday, 29 November 2020	09:00 - 09:30		Mental Health Awareness	Light cardio session - LIIT
Monday, 7 December 2020	12:15 - 12:45	1:00 - 1:30	Building Positive Mental Health	Building Confidence thru fitness
Tuesday, 15 December 2020	12:15 - 12:45	1:00 - 1:30	Building Positive Mental Health	Building Confidence thru fitness
Wednesday, 23 December 2020	12:15 - 12:45	1:00 - 1:30	Building Positive Mental Health	Building Confidence thru fitness
Thursday, 31 December 2020	12:15 - 12:45	1:00 - 1:30	Building Positive Mental Health	Building Confidence thru fitness

Location:
SPORTS CENTRE
OFFICE SPACE

5 minute walk to the Rec Centre at 1 selfs point road. Sessions start strictly on time

Either in welfare or the main office. Sessions start strictly on time



Fill out and sign HFT waiver and questionnarie if you wish to participate in any of the activities, and hand to reception or Jon



Sign up for your preferred session - 12 max.



Please wear light, comfortable clothing that is suitable for exercise, easy to move in. No jeans. Sturdy shoes. Shoes may be off for some of the sessions. Expect a bit of sweatiness!



Be on time



This program is for you - have fun!