

Shape Your Future

Newsletter 05: July 2024



SHAPE
wellbeing

www.shapewellbeing.com

Contents

In Brief

Member Spotlight

Ambassador Focus

Wellbeing App

Wellbeing Wisdom

In Brief

The social media effort continues. You can help us by sharing or commenting on anything that you see.

Shape has now purchased a building in Dundee to create the first of our Wellbeing Hubs. It will be a while before it is ready to receive the first customer, but that will likely be in the next three - six months and we will begin with a pilot scheme in association with the local NHS and Third Sector organisations. We continue to work on acquiring the Arbroath old Community Centre in which we plan to have the first Padel Court in Arbroath and possible even a dry ski slope! Plus of course the wellbeing side in which our main focus is proactive intervention.

In some Apptastic news, our new mobile phone app continues the development and will be ready for Beta trials quite soon - possibly August, but there is still a lot of work to do. But it's looking great so far.

We continue to develop our mini online course offering. Not the workshops, but a program that you can complete on your phone or computer. We have done a few trials and it's looking promising. Most of these mini courses will be offered free to paying members.

Full dates of our three workshop offerings are now all on the website. Check out the bottom of the home page.

- Shape Your Future
- Advanced Self-Care
- Diploma



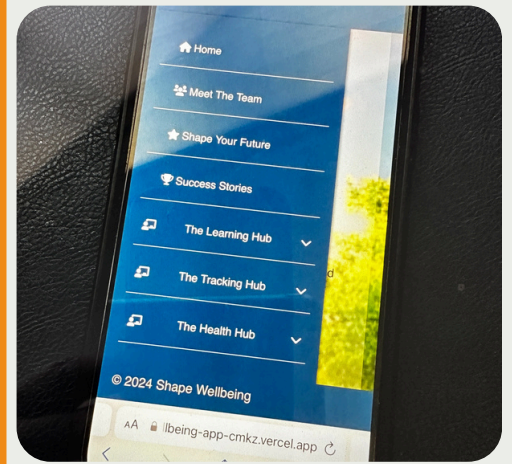
I'm a Shape Reflective Practitioner, Supervisor and Workshop Trainer. Although I was born in the UK, my family and I have made Tenerife our home. With over 20 years in the health and fitness industry, I bring empathy, openness, and a deep passion for helping others to my work every day. I have continued my personal development and education to include CBT Therapy as well as ADHD coaching & support. I feel no issue is too big or small to be spoken about.'

Wellbeing Wisdom

ACCEPT
YOURSELF



Wellbeing App
..coming soon...



Ambassador Focus

When we launched the membership program, we had five levels in mind:

- Associate
- Bronze
- Silver
- Gold
- Ambassador

Thank you to everyone who has joined at various levels. We are excited to introduce a forthcoming sixth level called 'Subscriber' for those who have not yet attended a workshop. Stay tuned for more details on its launch.

We are now prepared to move forward with the Ambassador level, which many of you have expressed interest in. Here are some important details:

Gold members are eligible to become Ambassadors, and we encourage as many of you as possible to join. Ideal candidates are those who have personally benefited from the Shape way and are passionate about sharing its advantages with others. Ambassadors will spread the word through informal conversations with friends, family, and colleagues, possibly using Shape-branded items like pens, mugs, or clothing. Of course we'd like to equip you with some extra Shape branded items to help you promote the concept. Plus some business cards to be able to hand out.

Sharing on social media is a straightforward and effective way to promote Shape.

Additionally, you might attend or even organize local events to raise awareness about Shape. The key is to approach the ambassador role in a way that feels natural to you, as we impose no pressure or targets. We aim to keep it 'Shapely'!

To show our appreciation, we offer rewards for Ambassadors. If you refer someone who books a SYF workshop, you will receive 10% of the cost as a thank you, and they will get a 10% discount. Furthermore, you can gift one free place on the SYF workshop and receive a £100 discount on the ASC. These gifts are limited to one per course.

To confirm your interest, please email admin@shapewellbeing.com. We have scheduled a short workshop session from 9-11 AM on September 1st to outline the final details and answer any questions. This will be followed by an online training program that you can complete at your own pace, helping to solidify your role in this exciting evolution of Shape.

We look forward to having a great team of ambassadors. It would be great if one, or more ambassadors would want to take on the production of the newsletter - or come up with projects of their own.

See you soon.