

KATRINA WEBB

Boost your wellbeing with the Be Well Program



Are you ready to elevate your wellbeing, acquire valuable skills, strengthen your resilience and thrive in 2024?

Kickstart your year with **Be Well** - a individualised, transformational program scientifically proven to improve your mental health, wellbeing, life satisfaction, productivity and performance.

About the Be Well Plan

Completely customised to you, the Be Well Plan provides evidence-based wellbeing interventions that transform people's lives, enabling them to flourish long-term. You'll have the opportunity to work directly with me, Katrina Webb, over 5 weeks and learn a toolkit of invaluable wellbeing strategies that will change your life.

As a Paralympic gold medallist, trainer in wellbeing and resilience, and physiotherapist, my elite sports mindset, evidence-based materials and proven methodologies effectively unlock self-mastery, performance wellbeing and whole leadership.

Program details

How does the program work?

I will be working one-on-one with participants to elevate their wellbeing through a range of evidence-based interventions.

How long is the program?

5 weeks

Where is the program held?

Zoom (it's delivered 100% digitally for your convenience)

How much does it cost?

\$1,500 + GST

How can I get started?

Contact Katrina at info@katrinawebb.com.au or on 0411 869 392

Benefits of the Be Well program



You'll have access to the Be Well Tracker - a mental health and wellbeing measurement tool.



You'll have access to a library of over 30 simple yet effective techniques that are designed to help you experience a profound sense of wellbeing.



You'll receive the valuable Be Well Workbook to seamlessly guide you through the program.



You'll have access to the cutting-edge Be Well Plan app, which you can access for an entire year.