



# CFS Health Mentorship Recovery Program

2022

## About CFS Health

Our team of highly experienced coaches bring with them a wealth of professionally trained knowledge along with their own personal CFS recovery story.



**Toby Morrison** CFS Health was founded by Toby Morrison in 2009 after personally experiencing Chronic Fatigue Syndrome and enduring a long and frustrating journey to recovery. Recognising the lack of awareness and available treatment for M.E., CFS and Fibromyalgia, Toby developed a step-by-step recovery program to encourage and support other sufferers.

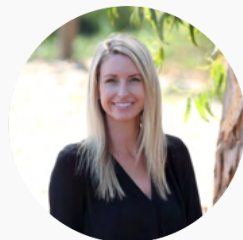
CFS Health is recognised as Australia's first health centre solely dedicated to helping people with M.E., CFS and Fibromyalgia. In 2013 the program launched online and has reached 1000's of people in over 53 countries to date.



**Gemma Hanley** is the CFS Health Resident Mindset Coach. After experiencing CFS, anxiety and depression for over 10 years Gemma brings first hand experience through her own recovery, along with her training in mindset and emotional health.



**Dr. Olivia Lesslar** is CFS Health's Resident Integrative Medical Doctor specialising in complex chronic conditions such as CFS. Dr. Olivia approaches health from a realistic, whole-body perspective. Her teachings and workshop are researched based and fully referenced.



**Erin Enright** experienced CFS many years ago and regained her health and life through the Online Recovery Program. Passionate about helping and supporting other sufferers, Erin has joined the team as our Client Success Manager, encouraging and helping members throughout their entire journey whilst in the program.



### **Steph Ryan**

Steph experienced CFS at a young age and through the CFS Health program was able to recover. It was through this experience where Steph's passion for understanding the body and movement first began. Since then, Steph's love for exercise has only enhanced where she helps teach others how to have a positive relationship with exercise and movement.

# Getting Unstuck

SOME COMMON QUESTIONS...

- How do I get better?
- Where do I even start?
- How do I progress?
- How do I stop being so stressed?
- How do I get motivated?
- How do I overcome setbacks?
- How do I understand what my body needs?
- How do I stop the push/crash cycle?
- How do I manage anxiety & depression?

**WE'VE GOT YOU COVERED**



## You're not alone!

ARE YOU FEELING...

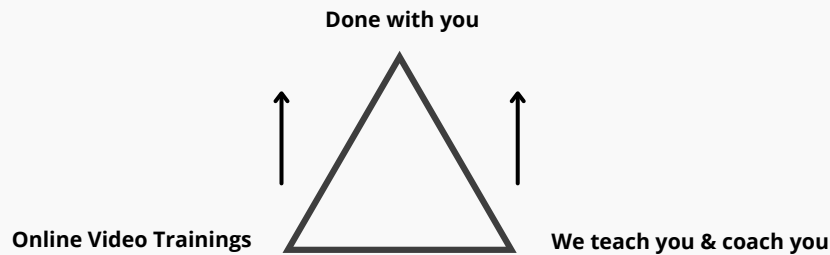
- Uncertain
- isolated
- Not understood or misunderstood
- Scared
- Confused
- Overwhelmed

**We've been through what you're going through and we've overcome it.**

**We know exactly how you feel and what you need to do.**

# WHAT DOES THE PROGRAM COVER?

Our program is like nothing else. This is a '**done with you**' program, you are not left on your own. We help you every step of the way to facilitate your recovery.



## Online Program Modules

**OVER 25HRS OF RECORDED CONTENT**  
(DO ON YOUR OWN - SELF PACED)

- Baseline - How to stop pushing & crashing to gain stability and consistency
- Daily routine & structure
- Dealing with setbacks and symptoms
- Quality sleep
- Holistic nutrition
- Gut health
- REM - Restorative Exercise Movement and stretches to increase energy rather than deplete
- Strength & Mobility Program from pre-beginner all the way up to advanced
- Researched base conversations on all topics of recovery
- Mindfulness and restorative breathing exercises
- Stress & anxiety management
- Overall lifestyle enhancement - progressing back into living and transitioning from recovery to living life again

**Basically, the Netflix of recovery**

# WHAT DOES THE PROGRAM INCLUDE?

We know what works and what doesn't. Let us take the guesswork out of it for you.  
We're a one-stop-shop for your recovery.

## Online Mentorship Support

### ACCESS TO OUR COACHES

- **Access to specialised coaches** - who are empathetic, experienced and educated in the CFS illness & recovery methods that work
- **Online individualised coaching inside a group setting** - Get coached by Toby and our coaches on our group Zoom calls to help you break through physical, mental and emotional challenges
- **Weekly group coaching calls** - covering key topics and themes to accelerate your recovery, with the opportunity to ask questions relevant to *your* specific recovery.
- **Members only private Facebook group** - be part of a like-minded, positive, uplifting community where you are fully understood and can share & learn from others on the same journey
- **Weekly 'Sprint Q&A'** - ask your questions and have them answered by ur coaches each week. Our 'Sprint Q&A' post offers individualised responses inside our private FB group
- **Phone app and online video training modules** - covering every aspect of recovery. Over 25hrs worth of video trainings broken down into specific areas - fundamentals, nutrition, restorative movement, mindset, social, relationships, women's health + more
- **Weekly accountability check-in** - to increase consistency, motivation and forwards momentum
- **Weekly prompts and reminders** - to keep you fully engaged, accountable and doing the right things at the right times to make progress with your recovery
- **Hard copy A5 daily planner** - posted to you anywhere in the world
- **Nutrition E-Books** - healthy & easy recipes for snacks, breakfast, lunch and dinner for sustained energy and stable blood sugar levels

*"It was wonderful to be able to track my progress and see that I was increasing my activity without having big set backs. My aches and pains went away quite quickly after I started the program, and over time I realised my brain fog was finally lifting"*

Amy

# Holistic and Integrated Approach to Recovery

## ADDITIONAL TEACHINGS & KEY TAKEAWAYS

### MINDSET & EMOTIONAL WELL-BEING

- How to gain confidence
- Dissolve the limiting beliefs and/or fears that are holding you back
- Learn how to not be controlled by negative thought
- How to get out of guilt/shame and other non-useful emotions
- Become more at peace with yourself
- Learn how to ask yourself the right questions
- Learn how to master your 'inner dialogue'
- The exact questions to remove unnecessary suffering
- Find your own values and learn how to live by them
- How to gain the strength needed to handle life's stressful situations
- How to deal with any difficult circumstances or situation
- Master your thought patterns, routines and sub-conscious behaviours
- Self-coaching techniques
- Overcome the irrational fear that keeps you stuck in a negative cycle

### STRESS MANAGEMENT

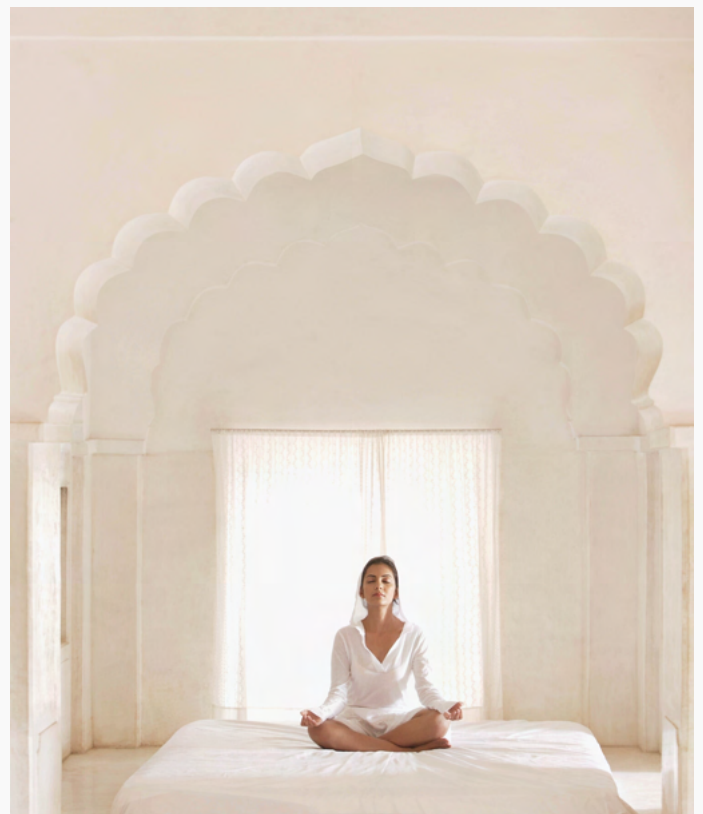
- Basics for everyone
- ANS recalibration
- Supporting GABA
- Supplement advice
- Foods that can aggravate stress
- How to identify supplements helpful for your situation
- Mitochondria basics

### SLEEP HEALTH

- Sleep and circadian rhythm
- Reverse sleep cycles
- Basic sleep hygiene
- Advanced sleep advice and hacks

### NUTRITION & GUT HEALTH

- Nutrition basics
- Probiotics and prebiotics
- Supplementation



# SOME COMMON EXPERIENCES

Shared by some of our members as they move through the program

## PHYSICAL WELL-BEING

- ✓ I'm feeling more energy & stamina
- ✓ I'm no longer pushing & crashing
- ✓ I'm doing less symptom management & focusing more on progressing
- ✓ I'm able to enjoy the day without fear of feeling worse
- ✓ I have an increase in strength & consistency in feeling better
- ✓ I'm pain & symptom free
- ✓ I'm able to 'do' life without the need to nap
- ✓ I'm able to push without feeling worse
- ✓ I'm able to exercise & move again
- ✓ I'm starting to feel 'normal tired' instead of 'CFS exhausted'
- ✓ I'm able to socialise, go to events and travel more



## MINDSET

- ✓ I'm feeling calmer throughout the day
- ✓ I have a reduction in the panic & symptom focus overwhelm
- ✓ I'm able to deal with setbacks more easily
- ✓ I have a feeling of freedom
- ✓ I have increased confidence & a more positive outlook on life
- ✓ I am now understanding negative emotions & how to let them go

# TAKING THE NEXT STEP



## How do I Join?

We aren't just any program. We do not have an option where you click 'pay now' and you're in. The reason we have an initial call with each client is to ensure that what we offer is something that you actually need and to confirm that you are a good fit for the program. After our call we will both have a feel for whether the program is right for you.

This is a personalised coaching program containing a high level of individual interactions with the CFS Health Team. We aim to support individuals who have a proactive attitude, are committed to wanting to see results and who are ready to achieve transformational outcomes.

Ensuring our members are in a place where they are ready to make the changes they are wanting allows for greater impact, greater results, and a positive & encouraging safe space for all members.

## What is the cost?

The investment of this program is \$500AUD (roughly \$360USD, £280GBP) per month for a minimum 6 months.

### WHAT HAPPENS AFTER SIX MONTHS?

**Option 1** - You have the opportunity to transition out of our 'recovery focus' Mentorship Program and into our Lifestyle Integration Up-Level Program. This program holds a predominant focus on greater goals, life vision, accountability, relationships, mindset and inspiration. Members who are invited to join this program have reached their recovery and are looking to take their health even further.

**Option 2** - Stay in the Mentorship Program and continue your journey on a rolling monthly membership with no lock-in contract.

**Option 3** - Leave the program and cancel your membership with no additional charges.

## Ready for the next step?

If this program is what you're looking for, please get in touch by completing an **application form** from our website. We would love to hear from you and help you to make progress and move forward towards your recovery.



# WORDS FROM OUR MEMBERS

Each week our members share their achievements (no matter how big or small) with each other inside our private FB group.

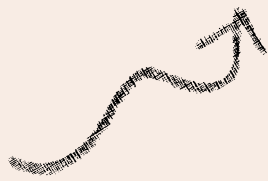
Seeing people's wins and their progress is a sure sign that **if it's possible for them, it's possible for you.**



**Felicity**  
I spent an afternoon shopping with my daughter which involved driving an hour. The longest I have driven since March before I had a crash just before I joined the program. It was so nice to be able to do normal mother daughter stuff. 😊



**Tom**  
Had a pretty sweet week. I've been catching up with different groups of mates I've not seen for a while. Been to the pub for a few hours in the beer garden, I've had BBQ's on the beach, been for a few swims in the 🌊 and been doing some shopping. It feels like my summer has just begun although it's pretty much coming to an end, Great-full to have spent some of it outside of these 4 walls 😊



**Tara**  
26 November at 14:50 · 🌐  
Today I am grateful that I flew to San Francisco and walked around the city for an hour!!!! 5 months ago I was being wheeled around the airport in a wheelchair to fly back home. Huge blessings and a beautiful moment to witness incredible progress!!!  
👍👍👍 36      18 comments    Seen by 104  
Love      Comment



**Tomi**  
This program is what got me through this period of uncertainty and fear! Well - my faith and what I have learned here. I have not had one minute of anxiety to the point of causing physical signs - worry yes, but not the anxiety that we all know and hate. The teachings here helped me to get through it all --- breathe, center, focus, relax. 😊 Thank you to Toby and the team!  
Love · Reply · 4 d      👍👍👍 7





**Ian** · 10:59  
 If I didn't have this group I would fail when I hit those rocky days. The contact with fb team and support through CFS health is so encouraging. I have also learnt to celebrate those small wins. 🙌



Hi Toby. Went for a 12 hour hike last weekend. No crash, only joy. Wishing you a great week!!

This is 1100-1500 meters above sea level by the way.

**Megan**  
 11 hrs · 🌟

Big day for me- after 7 months in this group it's time for me to move into the Lifestyle group. Thank you to everyone who has supported me, shared their stories, questions and comments. It's all helped me so very much. I feel unbelievably grateful for finding this program. I have learnt so much, cried, laughed and best of all progressed! I wish everyone here the best of luck in their journey. If I can be here so can you! Remember little by little, a little becomes a lot. Xx



**Ruth**  
 2 hrs · 🌟

Hello everyone. This is my last week in this fantastic group & time for me to say goodbye to move into the lifestyle integration group. I have mixed feelings. Part of me is sad to be leaving this wonderful community, but on the other hand I'm very happy & pleased that I have reached the stage in my recovery where I want to focus on living rather than recovery. I still have a long way to go especially with regards to mindset, but am feeling so much better & able to do so much more than I was when I first started on the programme 10 months ago & certainly a changed person since I developed CFS 11 plus years ago. I was following Toby for years before I made the commitment to do this programme I would like to thank [Toby Morrison](#), [Gemma Hanley](#), [Dr Olivia Lesslar](#), [Erin Enright](#), [Ash Cfshealth](#) & everyone else who works behind the scenes for making this the great programme that it is. Also to each of you, the membership for sharing a part of yourself that has contributed to helping me make a better version of myself. Recovery is possible! Wishing you all well with your recovery If anyone wishes to stay in contact, please send me a PM.

Take care  
 Ruth

We are incredibly proud of the recoveries and success stories that some of our members have been able to make. With some of them we love to sit down and have a further chat to hear their full story. If you would like to watch some of our client success interviews, you can listen to them right here



**Click to listen to the interviews**

