

GOLDSTER★

CALMER LIFE  
PROGRAMME





## BUILD YOUR RESILIENCE, INNER CALM AND PURPOSE

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# CALMER LIFE

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## WE ALL NEED THAT INNER PEACE

Life throws chaos at us on a regular basis. Whether it's our finances, our relationships, or our health, cultivating a more restful, relaxed state of mind doesn't mean we'll drown under all our responsibilities.

Factors such as work, home, personal and emotional problems can contribute to the challenges in which we feel under pressure.



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## ITS ABOUT FINDING THE CALM

When you're in a calmer and happier place, that's probably the day when you will have more satisfaction. When you're calm, you also manage your energy because you're not burning yourself up constantly, spending your days with your sympathetic nervous system in overdrive.

Being calm helps you focus on what you need to do and get it done much more quickly. If you want to get the most out of yourself in terms of your productivity, creativity, and lifestyle, a centred and relaxed way of life enables the mind and body to function on the highest levels.

*"Smile, breathe and go slowly"*

# OUR METHOD

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## WHAT IS GOLDSTER?

Goldster is a digital platform that has pioneered the only systematic non-drug approach to health.

Built from all the available evidence and extensive data sets, it combines social interventions that are designed to target the physical, emotional and cognitive benefits people seek for their health.



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## A STRUCTURED WELLNESS INTERVENTION PATHWAY

The programme is driven by Goldster's own Structured Wellness Intervention Pathway (SWIP).

We identify the most appropriate non-drug approaches for healthy living and ageing to deliver benefits to people.

Our method links common problems faced with ageing, and connects them to the most effective approaches, enabling a simple and accessible way to improve the desired area of health.

*"The path is made by walking on it"*

# THE PROGRAMME

The Goldster Calmer Life programme is aimed at finding and implementing ways to manage stress, develop resilience and bring a greater sense of calm to one's life. Together, we'll focus on improving your understanding of the triggers of stress, as well as habits and methods you can use in your day-to-day life. The 21-day programme will have you feeling calm, with reduced levels of stress and anxiety, with an improved focus and overall wellbeing.

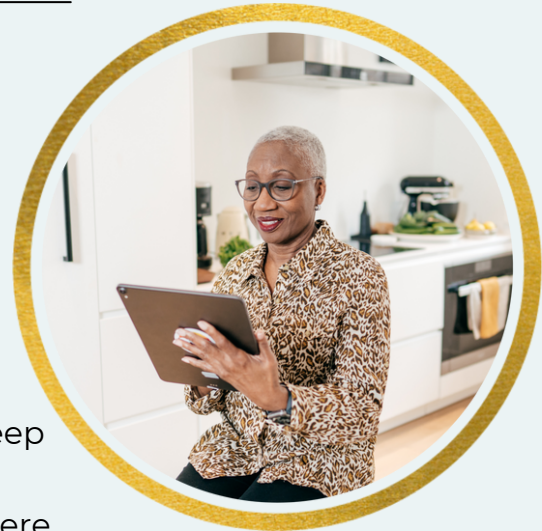
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## A CONNECTED COMMUNITY

While we live in a digital world, keeping social and connected is one of the biggest aspects of a healthy life.

We want to give you as many options to communicate and be as social as possible through this journey.

- You will be greeted by the presenter in every class as a group. We want to celebrate your commitment and keep you motivated
- You will have your own dedicated Facebook group, where our team, other participants and previous programmes will celebrate every win and step forward
- You will meet your instructors and other members at the start, enabling you to build rapport and friendships.



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## EVIDENCE-BASED, LIVE INTERACTIVE CLASSES

- 2 daily live & interactive classes to choose from on Zoom direct to your email inbox
- These classes are aimed to benefit improvement in your daily stress and sense of calm
- Classes are based on the areas of meditation, mindfulness, positive psychology and movements of relaxation
- Science of Stress Master Class with Dr Zara Quail on the 26th October at 10am
- Weekly coaching to support your journey and enable your advancement linked to the evidence-based classes. Don't worry if you miss the coaching, you can catch up on the recording.

*"When we do it together, we feel better together"*

# THE PROGRAMME

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## TRACK YOUR PROGRESS

The key to any improvement in health is understanding how your progress is made. This programme has a range of questionnaires and surveys to help to track your improvements.

During the programme we will monitor:

- Your perceived physical, emotional and cognitive health with an assessment at the start and at the end
- Your daily levels of perceived stress and where you see the greatest areas of difficulty so your instructors can target them
- Your feedback with a daily post-class stress and calm survey to understand how you're feeling



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## LEARNING IS PART OF THE JOURNEY

Understanding our health can help us prevent health problems, protect our health, and manage health problems better when they arise.

Not all of us are familiar with medical terms or how our bodies work. We have to interpret statistics and evaluate risks and benefits that affect our health and safety. Let our research team help you understand the impact of stress on the body and share the latest research on the number of ways to manage stress effectively.

*"Learning is a journey of self discovery"*

# YOUR DAILY JOURNEY

1

## THE NIGHT BEFORE

### CHECK YOUR INBOX FOR THE CLASSES

Every evening, we will email you the classes for the next day, with the links to join. Don't forget to check your spam and your junk folder.

2

## DAY OF EACH CLASS

### CHECK IN WITH YOUR COMMUNITY

Your team are always looking to keep you motivated and hitting your goals. Don't forget to look for messages and talk to the rest of the community. You're all on this journey together!

3

## THE CLASS IS ABOUT TO START

### WAITING ROOM OPENS 15 MINS BEFORE

Our class waiting rooms open 15 mins prior to the start time, just to give you enough time to get prepared and settled

4

## WELCOME TO THE CLASS

### GET A LOVELY GREETING

Welcome to the class, you will be greeted by our digital concierges. Listen for a shout-out from the instructors as you are part of a valued community

5

## AFTER THE CLASS

### SHARE YOUR EXPERIENCE

In your Facebook group, share how much you enjoyed it, inspire others to share and build up a community spirit. Our team will cheer you on everyday, with regular Facebook lives and daily posts to keep you motivated

6

## LOOK FORWARD TO YOUR NEXT CLASSES

### GIVE US YOUR FEEDBACK

Every afternoon, tell us how you found your class so we can make sure you are getting the most out of it

# YOUR TEAM



## Susan Saunders

Health Coach

**Expertise: Health Coach, Nutrition and Ageing**

Susan Saunders is a health coach, writer and TV producer. She's spent the last decade researching how to age well and is co-author of the best-selling book *The Age-Well Project*.

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## Jess Parkinson

**Expertise: Meditation, Yoga and Biomechanics**

Jess is trained in and teaches hatha, vinyasa flow, yin and meditation. She is also an intrinsic biomechanics coach™ and personal trainer working with a broad range of clients structuring sessions to their specific goals and needs.

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## Sian Willet

**Expertise: Meditation, Mindfulness and Yoga**

Siân is a Kundalini Yoga Teacher and Meditation Teacher. Sian's offerd a collage of Kundalini yoga, mindfulness practices, meditation techniques, and breathwork to create a happier, healthier life and create a clearer state of mind.

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## Dan Hope

**Expertise: Massage and Relaxation**

Daniel is a highly dedicated Massage Therapist with a Level 5 qualification in Remedial Soft Tissue Therapist & Sports Massage. Dan has worked professionally for many years as he specialises in Massage for the theatre, dance, film and television industry.





## **Dr Zara Quail**

**Expertise: Academic Research and Medicine**

Dr Zara Quail, Goldster's Senior Clinical Research Lead and Chief Geek for the "Science of Strength" Masterclass. Zara will dive into the science and research of stress and how it impacts your life and cover the latest evidence on ways to reduce the effects of stress on the body and mind.



## **Mark Carter**

**Co-Founder and Managing Director**

Mark looks forward to meeting all participants in each programme and welcoming them to the Goldster Family. Mark is a healthcare executive with a 19-year track record of innovative healthcare delivery in Australia, Singapore, and China for large-scale populations, alongside digital integration.

*"Together, everyone achieves more"*

# WEEK 1 CLASS TIMETABLE

## Monday 17th October

- 4:00pm **Introductory Lecture with Susan Saunders**  
Meet health coach Susan Saunders, understand your journey and get started

## Tuesday 18th October

- 7:30am **Gentle Yoga with Hannah Joseph**  
Start your day with this gentle yoga class to mobilise and awaken the mind
- 10:00am **Tai Chi Flow**  
Meditation in motion to bring a calm state for the rest of the day.

## Wednesday 19th October

- 8:30am **Morning Meditation with Jess Parkinson**  
Start the day with a balance of calmness and clarity
- 4:00pm **Coaching Session 1 with Susan Saunders**  
Susan will cover perceptions of stress, changing our mindset and creating morning and evening routines to promote calm

## Thursday 20th October

- 8:30am **Mindfulness with Sian Willet**  
Maintain an awareness of your thoughts, feelings, sensations and environment

## Friday 21st October

- 8:30am **Morning Meditation with Jess Parkinson**  
Start the day with a balance of calmness and clarity
- 7:30pm **Mindfulness and Relaxation with Jess Parkinson**  
Take yourself to a deeper state of relaxation, with breathwork and meditation to release all the stress

## Saturday 22nd October

- 8:30am **Mindfulness with Sian Willet**  
Maintain an awareness of your thoughts, feelings, sensations and environment
- 11:00am **Massage with Dan Hope**  
Learn how to remove the stress and anxiety of the week through gentle massage

## Sunday 23rd October

- 8:30am **Morning Meditation with Nicholas Stuart**  
Start the day with a balance of calmness and clarity
- 12:00pm **Nutritional Chef with Jana Fritzsche**  
Cook the recipes designed by our nutritionist for being calm and stress free

**Monday 24th October**


- 10:00am **Happiness Hub with Kath Temple**  
Become happier and healthier with a more resilient and peaceful version of yourself. Let Kath bring some happiness in your world.
- 7:30pm **Evening Meditation with Ellie Foden**  
Relax the mind, body and soul for a calming night's sleep.

**Tuesday 25th October**

- 7:30am **Gentle Yoga with Hannah Joseph**  
Start your day with this a gentle yoga to mobilise and awaken the mind.
- 10:00am **Tai Chi Flow**  
Meditation in motion to bring a calm state for the rest of the day.

**Wednesday 26th October**

- 8:30am **Morning Meditation with Jess Parkinson**  
Start the day with a balance of calmness and clarity.
- 12:30pm **Yoga CBT with Julie Ferris and Manjit Khalsa**  
Challenge the body's automatic response to stress and learn to the skills to build resilience.



10:00am  
"Science of Stress"  
Masterclass with  
Dr Zara Quail

**Thursday 27th October**

- 4:00pm **Coaching Session 2 with Susan Saunders**  
Susan will cover self care to reduce stress, good nutrition for stress and the circle of life

**Friday 28th October**

- 10:00am **Positive Journaling with Nikkola Thornton**  
Set your positive intensions and understand your thoughts more clearly.
- 11:00am **Nutrition Focus with Claudia Le Feurve**  
Understand the nutrition behind stress and what is does to you. You will be surprised by what you learn.

**Saturday 29th October**

- 8:30am **Mindfulness with Sian Willet**  
Maintain an awareness of your thoughts, feelings, sensations and environment.
- 10:00am **Tai Chi & Qigong with Doris Schierer**  
Maximise the body mind connection to feel a level of inner peace.

**Sunday 30th October**

- 9:00am **Reflexology & Music with Aimee Moore**  
Unwind and focus on easing the mind and body while topping it off with a musical smile.
- 7:30pm **Evening Meditation with Nicholas Stuart**  
Finish the week with a sense of calm, peace and emotional happiness.

**Monday 31st October**

- 8:30am **Morning Meditation with Elli Foden**  
Start the day with a balance of calmness and clarity.
- 10:00am **Happiness Hub with Kath Temple**  
Become happier and healthier with a more resilient and peaceful version of yourself. Let Kath bring some happiness in your world.

**Tuesday 1st November**

- 8:30am **Gentle Yoga with Hannah Joseph**  
Start your day with this gentle yoga class to mobilise and awaken the mind
- 10:00am **Tai Chi Flow**  
Meditation in motion to bring a calm state for the rest of the day

**Wednesday 2nd November**

- 8:30am **Morning Meditation with Jess Parkinson**  
Start the day with a balance of calmness and clarity
- 11:00am **Happiness Hub**  
Become happier and healthier with a more resilient and peaceful version of yourself. Let Kath bring some happiness in your world

**Thursday 3rd November**

- 4:00pm **Coaching Session 3 with Susan Saunders**  
Susan will cover toning the vagus nerve, a life of optimism and creating positive affirmations

**Friday 4th November**

- 8:30am **Morning Meditation with Jess Parkinson**  
Start the day with a balance of calmness and clarity
- 4:00pm **Massage with Dan Hope**  
Learn how to remove the stress and anxiety of the week through gentle massage

**Saturday 5th November**

- 8:30am **Mindfulness with Sian Willet**  
Maintain an awareness of your thoughts, feelings, sensations and environment
- 10:00am **Goldster Choir with Emma Trow**  
Let the positive emotions burst out and sing the stress away with Emma and her eclectic array of songs.

**Sunday 6th November**

- 8:30am **Morning Meditation with Nicholas Stuart**  
Start the day with a balance of calmness and clarity
- 9:00am **Reflexology & Music with Aimee Moore**  
Unwind and focus on easing the mind and body while topping it off with a musical smile



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