

GOLDSTER★

RE-EMERGING
FROM PAIN



RE-EMERGING FROM PAIN

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THE COURSE

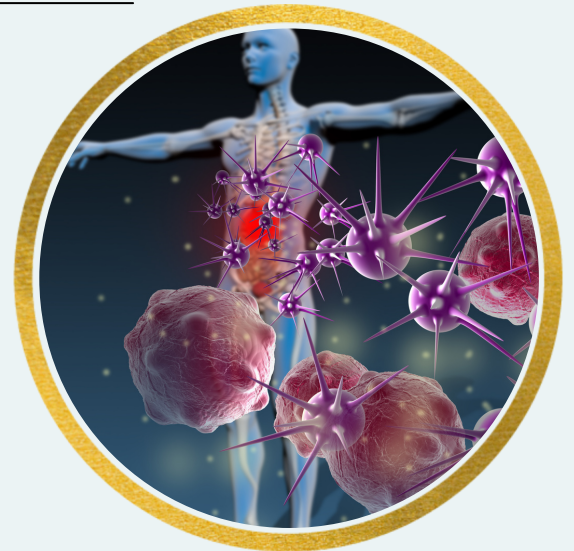
In this course, Dr David Reilly will bring inspiration, information, guidance and practical techniques to help you learn to shift your ways of living with physical and emotional pain.

Dr Reilly emphasises that, just like a struggling plant will respond when given water, your life can grow to help you emerge from a place of suffering to discover life's flow again - with whatever limitation you may be facing.

With the support of bestselling novelist & Goldster Creative Writing tutor, David Mark, and experienced artist, art teacher & children's book illustrator, Joanna Cooke, you will explore the therapeutic benefits of creative writing and expression through art for pain reduction, self-expression and relaxation.

DISCOVER THE NEUROPHYSIOLOGY

During the course of our lives, over half of us will face a period of chronic physical pain, and the World Health Organisation say pain-related diseases are the number 1 category of disease on the planet. Even more of us, perhaps all of us, must also deal with times of prolonged emotional pain.



UNLOCK YOUR POTENTIAL

In recent decades, we have invested great hope in using medications for pain. Now, we must confront that drugs have significant limits and can bring side effects and dependency problems. An exploration is gaining momentum to find non-drug-related approaches for persistent pain. This course will lay the foundations for you to gain from this new learning.

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

YOUR COACH



Dr David Reilly

Dr David Reilly is recognised globally as a pioneer in non-drug methods of restoring wellbeing in the face of chronic conditions when there is no easy 'fix-it' solution. With a distinguished career spanning roles as a doctor, educator, researcher, and academic, he has received awards for his contributions to the health and wellness sector.

In his career, David has addressed the emerging challenges posed by the current surge in chronic illnesses, underscoring the need for solutions beyond our current medical interventions. Focusing on the innate healing potential of humans, he sought alternative approaches to safeguard health and elevate overall wellbeing. Research has confirmed that his work helps people achieve significant long-term wellness enhancement and strengthened healing health and wellness.

His teaching draws on his experience as an NHS doctor for over 40 years, in which he partnered with patients struggling with chronic conditions, many of whom were in pain, to discover what best triggers and builds our healing responses and our strengths.

SPECIAL GUESTS



David Mark

Creative Writing

Join bestselling novelist and Goldster Creative Writing tutor, David Mark, who will guide you through group work and specially-designed writing prompts to draw upon pain and forbearance as inspiration. In turn, create something remarkable while carving out a new narrative to help move your life forwards.

“You might not realise it, but you're an inkwell. All those emotions, feelings, memories, insights ... they really are better out than in. Those who know pain and suffering, be it physical, emotional or mental, have amassed so much experience and insight that they have the material for a dozen bestsellers.” - David

Joanna Cooke

Art

Joanna Cooke is an artist, art teacher and children's book illustrator with a career spanning over 30 years. She's always applied the philosophy that everyone is capable and talented, and we just need the right inspiration, guidance and encouragement to tap into their vast potential.

“What is “Good Art”? Perhaps it's just any artistic work that delights us in some way. And don't we all wish we could create something that delights us when we look at the final product, or gives us pleasure while we're creating it?” Joanna

Introduction

Explore beyond the limitations of traditional methods and experience a future where self-expression becomes a tool for pain relief.

Dr David Reilly will showcase how a variety of innovative approaches for pain relief, specifically the power of creative writing and expression of art, can traverse the relationship between pain and healing.

Thursday 26th October

Pain Management

2:30pm - 3:30pm

Dr David Reilly

Friday 27th October

Creative Design & Decoration

3:00pm - 4:00pm

Joanna Cooke

Week 1 - Discover the Neurophysiology of Lifestyle Change *(and why willpower alone does not work)*

Review innovative approaches to pain relief utilising a variety of creative techniques including art and writing.

Benefit from expert guidance provided by David Mark, a bestselling novelist and experienced creative writing tutor, and engage in group activities including specially designed writing prompts to inspire your writing journey.

At the same time, learn how to understand the therapeutic power of art with art teacher, Joanna Cooke, and how it can help us manage emotional and physical pain, while exploring the concept of distraction and how it helps temporarily remove us from our troubles.

Thursday 2nd November

Pain Management

2:30pm - 3:30pm

Dr David Reilly

Thursday 2nd November

Creative Writing

1:00pm - 2:00pm

David Mark

Friday 3rd November

Creative Design & Decoration

3:00pm - 4:00pm

Joanna Cooke

Week 2 - Emerging Patterns and New Pathways for Lifestyle, Habit & More

Discover how patterns have emerged in your life over time and learn why it's important to steadily lay down new pathways in terms of lifestyle and habit, but also in the brain and the gut.

Unlock the emotional reservoir within you and its potential for creative expression with David Mark's therapeutic value of writing in the context of pain management.

And with Joanna's guidance, discovering how art allows you to express your true self through your unique style and images.

Thursday 9th November

Pain Management

2:30pm - 3:30pm

Dr David Reilly

Thursday 9th November

Creative Writing

1:00pm - 2:00pm

David Mark

Friday 10th November

Creative Design & Decoration

3:00pm - 4:00pm

Joanna Cooke

THE COURSE

Week 3 - Shift Anxiety-Provoking Thoughts that Cloud your Judgement

Learn how to dial down and shift anxiety-provoking thoughts that cloud your judgement and impair decision making, wellbeing and joy.

David Mark will help you to understand how creative writing can transform pain into something beautiful and life-affirming, while Joanna will share how tapping into your inner creativity can create art that reflects your identity.

Week 4 - Cultivating New Habits

You will learn how to cultivate and lay down new habits and pathways to better navigate the storms of life.

Creative writing tutor, David Mark, will teach how to channel your pain and life experiences into various forms of creative writing including stories, poetry, memoirs and journaling.

Exploring the connections between art, creativity and improved brain health is what Joanna will help you to understand; Developing new artistic skills, including realistic drawing and painting, will help strengthen mental "muscles."

Thursday 16th November

Pain Management

2:30pm - 3:30pm

Dr David Reilly

Thursday 16th November

Creative Writing

1:00pm - 2:00pm

David Mark

Friday 17th November

Creative Design & Decoration

3:00pm - 4:00pm

Joanna Cooke

Thursday 23rd November

Pain Management

2:30pm - 3:30pm

Dr David Reilly

Thursday 23rd November

Creative Writing

1:00pm - 2:00pm

David Mark

Friday 24th November

Creative Design & Decoration

3:00pm - 4:00pm

Joanna Cooke

THE COURSE

Week 5 - Confidence in Vitality

Become clear and confident in choosing food that leads to vitality by gradually “crowding out” processed foods that are anti-nutritional.

Through crafting a new narrative, David Mark will help you to explore the process of re-shaping your life story, using the power of words to move forward and find healing, while Joanna Cooke will share her insights on the link between artistic accomplishment and self-esteem.

Week 6 - Empower your Health and Wellness - without Drugs

Become empowered to live in ways that will change your health and wellness without drugs.

Through personal growth and empowerment, David Mark will share how you can enhance your emotional resilience and coping skills through innovative creative solutions.

This course will be within a group setting which has numerous benefits, including the exploration of the power of art in connecting with others, reducing feelings of isolation and fostering a sense of personal growth, self-discovery, self-expression and community.

Thursday 30th November

Pain Management

2:30pm - 3:30pm

Dr David Reilly

Thursday 30th November

Creative Writing

1:00pm - 2:00pm

David Mark

Friday 1st December

Creative Design & Decoration

3:00pm - 4:00pm

Joanna Cooke

Thursday 7th December

Pain Management

2:30pm - 3:30pm

Dr David Reilly

Thursday 7th December

Creative Writing

1:00pm - 2:00pm

David Mark

Friday 8th December

Creative Design & Decoration

3:00pm - 4:00pm

Joanna Cooke

YOUR JOURNEY

1

WEEKLY COURSE

FAMILIARISE YOURSELF WITH THE SCHEDULE

Your course takes place once a week on the same day and time each week for 6 weeks. Check the [class schedule](#) on our website for the course details and any resources you may need. No need to sign up, simply join the class on the day.

2

THE DAY OF THE CLASS

CHECK YOUR INBOX

Every morning at 6.30am, we email you all the classes for that day, with the links to our website to join. Don't forget to check your spam and your junk folder. If you prefer, simply go straight to our website to join.

3

THE CLASS IS ABOUT TO START

WAITING ROOM OPENS 10 MINS BEFORE

Our class waiting rooms open 10 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

LOOK FORWARD TO YOUR NEXT

TRY OTHER

Goldster offers a wide variety of all day, every day, so there is always something new for you to try. Try our drop-in or take a look at our other courses that run throughout the week.

OUR METHOD

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 designed to target the physical, emotional and cognitive benefits people seek for their health.



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 healthy living and ageing approaches to benefit 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 COURSE

GET THE MOST FROM GOLDSTER

The key to any improvement in health is doing more than one singular activity. We always encourage the use of a multi-component approach to maximise the benefits of the goldster platform:

- Engage and stimulate the physical, emotional and cognitive aspect of your health with classes suggested by the coach.
- Participate in the forums and group as often as possible to extract as much information as possible.
- Your feedback to the coach on how you are doing will enable them to adjust the course specifically to your needs.



LEARNING IS PART OF THE JOURNEY

Understanding our health can help us prevent health problems and manage issues 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 put all those myths to bed and share our latest research with you.

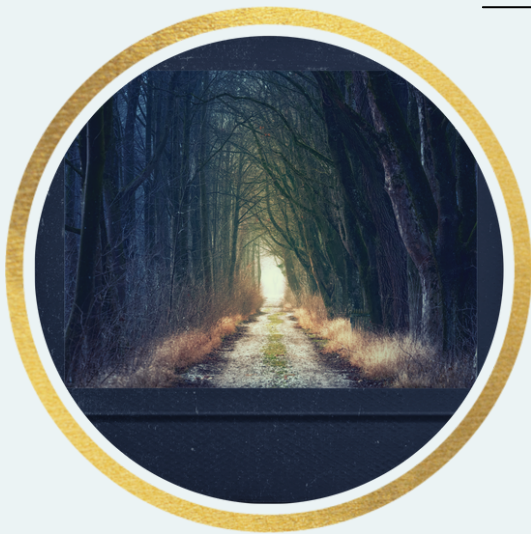
"Learning is a journey of self discovery"

OUR METHOD

A CONNECTED COMMUNITY

While we live in a digital world, keeping social and connected is one of the most significant aspects of a healthy life. We want to give you many options to communicate and be as social as possible through this journey:

- The presenter will greet you in every class as a group. We want to celebrate your commitment and keep you motivated.
- You will meet your instructors and other members at the start, enabling you to build a rapport and new friendships.



EVIDENCE-BASED, LIVE INTERACTIVE CLASSES

- Weekly coaching supports your journey and enables your advancement linked to evidence-based classes.
- Don't worry about missing the coaching; you can catch up on the recording.

"The path is made by walking on it"

YOUR NOTES

WEEK 1

YOUR NOTES

WEEK 2

YOUR NOTES

WEEK 3

YOUR NOTES

WEEK 4

YOUR NOTES

WEEK 5

YOUR NOTES

WEEK 6

