

GOLDSTER★

A CALMER LIFE





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WE ALL WANT A CALMER LIFE

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.



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

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

This course gives you a toolkit to help you move from stress to calm. It's a powerful, practical way to focus on one of the biggest issues impacting our health and wellbeing today. By the end of the course, Susan wants you to feel empowered and knowledgeable about what is right for your own journey to a calmer life. She will coach you to have that toolkit and ideas to turn to when things get stressful. And she'd like you to feel you have a little more perspective on the stress you experience.

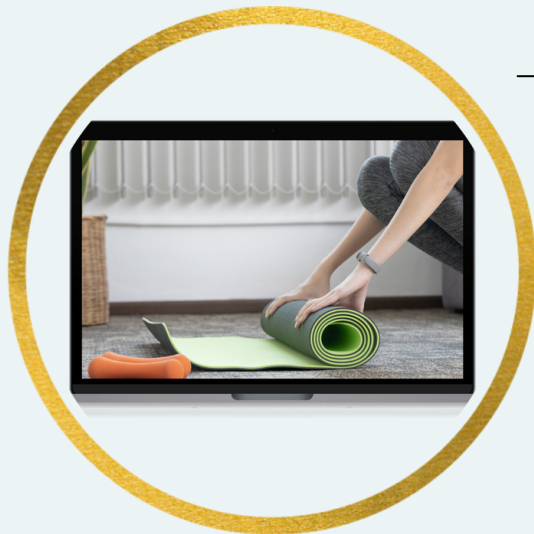
We look at how stress impacts health – and vice versa, we dig deep to do the mental work to move through stress and we examine our own perspectives on stress to help make life a little calmer. Along the way, there are questions, challenges and visuals to give this intensive coaching course extra impact and clarity.

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 rapport and 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.

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

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 the ability to adjust the course to need specifically to you



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"

Week 1 - Moving from stress to calm

What is stress? What is calm? Where do these feelings come from? We'll start to answer these questions in the first session, looking at the biology and psychology of stress, and then work to make sense of them in our own lives throughout the course. The backbone of what we do across the course is to examine: our mindset on stress - understanding we stress because we care; our response to stress - what fills and empties our 'stress container'; and seeking calm - sustainable nurturing and genuine self-care.

We'll find ways for you to build self-care into your life day by day to nurture yourself in moments of stress. You'll start to feel a sense of perspective on the sources of your stress. And Susan will teach you her go-to breathing exercise when she needs a moment of calm.

Week 2 - Perceptions of stress, power and self-compassion

We'll start the session with a grounding exercise. Then we'll dig deeper into how you'd like to feel at the end of this course and how the learnings from the first session have impacted you. The realisation that we stress because we care can have a profound impact on course participants and Susan will coach you through the feelings that this can bring up.

You'll also start to look at small, practical ways to manage those stressful feelings and work through the steps you need to take to get there. We'll talk more about our perception of stress and how that can impact our health and wellbeing. Susan has five power questions on stress to help you examine your own mindset on stress, accept stressors in your life and start to show compassion to yourself. We'll end by celebrating your accomplishments – however small!

Week 3 - Taking care of ourselves, nutrition for stress and happiness

We'll start with a gentle seated stretching routine before talking more about our goals for reducing stress and how we're moving towards them. We'll go deeper into how we take care of ourselves – that doesn't mean face packs and bubble baths, but advocating for ourselves, saying no to too many demands and finding time just to be.

We'll ask, 'what would you like people to hear you saying?' We'll look at good nutrition for a calmer life, plus how – and why - that can impact stress and what to eat to help reduce stress levels. We'll talk about actively seeking happiness in a stressful world. And we'll finish the session make use of the Circle of Life to work out how we create happiness by evaluating our own lives, delving into where we may need to do more work.

Week 4 - The vagus nerve, acceptance and positive affirmations

We'll start the session with a relaxing exercise to stimulate the vagus nerve, and learn how this 'body-brain superhighway' may be the key to health and happiness. We'll check in on your goals for the course, and discuss the idea of 'leave it, change it, accept it'. How can you reduce the stress in your life by exploring this idea? What can you leave, change or accept?

We'll brainstorm how we can enjoy the moment more, staying rooted in the present rather than worrying about the past or future. We'll look at how cultivating optimism can help us achieve this, by trying to find a 'positive lens' on life when things get tough. And we'll create some positive affirmations around calmness to instil healthy beliefs and help us continue to grow through the rest of the course.

Week 5 - A calmer life, day by day

We'll start the session with Susan's favourite breathing exercise for better sleep. Then this week we'll bring our focus back to examining our thoughts, remembering that they are merely guests in our minds, and evaluating how we can gently replace negative thoughts with more positive ones.

We'll focus on managing stress throughout the day, looking at the times of day when we are most likely to feel more stressed, and discuss what pushes us into a feeling of overwhelm, and how we can manage that. We'll discuss the vital importance of sleep for managing stress – and vice versa. And we'll end the session by looking at how we can create calming morning and evening routines to anchor our days with positivity.

Week 6 - Living a calmer life forever

The session starts with a tapping exercise to activate positivity. In this final session, we'll review the progress you've made and how your mindset on stress has changed. We'll look at your response to stress and how much closer to your calmer life goals you are now.

We'll connect to our sense of self by listing out the activities that bring us joy. And we'll use the PERMA model to create a long-term plan for a calmer life upgrade. As part of our final session evaluation we'll ask, 'What can you take forward from the course into everyday life?' We'll look at what is most important to you about making this a part of your life and routine going forwards, and celebrate your success to date.

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 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

LOOK FORWARD TO YOUR NEXT CLASSES

TRY OTHER CLASSES

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

YOUR COACH



Susan Saunders

Health Coach, Writer and TV Producer

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*, and author of *The Age-Well Plan: The 6-Week Programme to Kickstart a Longer, Healthier, Happier Life*. Through one-to-one coaching, workshops and classes, she helps people across the world create healthy longevity for themselves.

Susan's determination to age well grew from a family tragedy. She spent 12 years caring for her mum, who had severe dementia. As a teenager, she'd watched her mum going through the same thing with her mother. She's spent years studying scientific data on healthy ageing, qualifying as an advanced health coach with the prestigious Institute of Integrative Nutrition in New York and overhauling her own health. Now she wants to share that knowledge with you.

YOUR NOTES

WEEK 1

YOUR NOTES

WEEK 2

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WEEK 3

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WEEK 4

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WEEK 5

YOUR NOTES

WEEK 6



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