



# YOU. Find Your Balance


Ashleigh Brennan & Stephanie Moorhouse

Olympians | Mentors

T: 0412 807 400 (Ash) or 0404 090 181 (Steph)

E: [info@youfindyourbalance.com.au](mailto:info@youfindyourbalance.com.au)

W: [youfindyourbalance.com.au](http://youfindyourbalance.com.au)

 [you.findyourbalance](https://www.instagram.com/you.findyourbalance)



Creating a supportive and empowering community for young females to feel inspired and to be the best versions of themselves. Steph and Ash want to share their valuable skills learnt growing up as elite athletes, to support and assist females to navigate through their journey. Steph and Ash have learnt first hand that success comes from hard work and having a balanced life, therefore they want to motivate and support YOU to achieve your goals also.

### Former Gymnasts, Olympians, Role Models, Mentors

Steph and Ash are two of Australia's most successful gymnasts, with 3 Olympic Games, 3 Commonwealth Games gold medals and Australia's only World Championships team medal between them.

Steph and Ash have developed a variety of skills throughout their gymnastics careers including resilience, overcoming adversity, setting goals, fueling their bodies in a healthy and nutritious way, prioritising and building confidence.

Their passion is to share their sport and education knowledge, Ash an Exercise Physiologist and Steph, a Sport Scientist, with the next generation of girls to find balance in their life in a happy and healthy way.



# Benefits of online mentoring

We believe our online mentoring program can provide a unique offering that is engaging and supportive for young females. The focus is on learning about personal development strategies to increase holistic well-being, a positive mindset and performance.

Our online support can provide an opportunity to connect and reach individuals, clubs and schools, that previously may have not been possible.

We believe adaptability, confidence and resilience is crucial in life and our presentations and workshops can assist your students or athletes to learn these skills for all areas of life.



Work on psychological skills while face-to-face training may be affected.



Improve confidence and self-belief to gain a winning edge.



Opportunity to connect with role models who have achieved in sport, education and life, that may not be possible face-to-face.



Increase engagement, motivation and team culture. Receiving tangible resources to continue their development.



Break up the monotony of online training to offer variety and a unique experience.



# Mentoring topics with Steph & Ash

## 1. Steps to setting and achieving your goals

Step by step strategies to reach your potential

## 2. How to overcome adversity and build resilience

How to bounce back from setbacks and return stronger

## 3. Injury prevention and recovery techniques

Prehab for common pains and getting your body ready to go again

## 4. Improving your confidence and reducing fear

Being brave and how to approach challenging skills or life obstacles

## 5. A balancing act

Sport, education and life

## 6. Mental skills training to assist with performing at your best

Sharing our experiences of visualisation and positive self-talk to be competition ready

## 7. Body confidence

Changing bodies, working with your strengths and loving YOU

## 8. Move your body

Relaxation or High intensity – you choose! Pilates, stretch or HIIT

## 9. Listening to your body and voicing your feelings

Prioritising YOU and improving your confidence and communication skills

## 10. Recap, putting it all together

Summarise 9 previous sessions and cover any uncertain topics



# Mentoring Packages

## Options:

- One-off presentation from Steph & Ash
- Select from 5 x mentoring topics
- Select from 10 x mentoring topics
- 1:1 mentoring available or groups

## Group size suggestion:

- Split into age groups
- Split into groups by ability / athletic level
- If group is too small, can combine ages / abilities



We are here to support YOU and your athletes / students to develop life-long skills.



We believe our experiences are relatable across all age groups and want to be able to support as many females as possible. We believe all girls, regardless of their age, location or ability, should have the opportunity to be provided this support.



We can accommodate to specific needs and budgets if required. Contact us for more details and ensure you don't miss out on this unique opportunity.





# Contact us

For any questions or enquiries please contact Steph or Ash

T: 0412 807 400 (Ash) or 0404 090 181 (Steph)

E: [info@youfindyourbalance.com.au](mailto:info@youfindyourbalance.com.au)

W: [youfindyourbalance.com.au](http://youfindyourbalance.com.au)

 [you.findyourbalance](https://www.instagram.com/you.findyourbalance)

 [YOU. Find Your Balance](https://www.facebook.com/you.findyourbalance)

