



JOYQUILITY

Wellbeing Club *Scholarships*



JOYQUILITY.COM.AU

WELCOME



Hello

I'm Jo Bliss, Founder and Facilitator of Joyquility.

I deeply appreciate the opportunities I've had to do so much study and obtain many qualifications, recognising that many people[®] face barriers such as literacy, societal constraints, technology, family responsibilities, and financial challenges that may limit their access to similar educational experiences.

In 2017, I earned a Diploma of Community Services in Northern Rivers, where I worked with families affected by major flooding, who had lost their homes and belongings. Often, support services had only a six-week window to assist, and rebuilding a life takes much longer. This experience inspired me to create a safe space where individuals can take the time to explore who they are, what they want, and how to achieve their goals with the support and understanding of their peers. Wellbeing Club seeks to engage a diverse cross section of the community in an inclusive, growth and strength based environment.

Qualified and experienced Teacher, Facilitator: Dip Comm Services, YTT200, TAE40122, Life Coach, Breathwork & Meditation Facilitator, Cert IV Kinesiology. Pol Check, NDIS Workers Check, WWC, First Aid



Diversity



**Skill
Building**



**Personal
Growth**



Connection



**Ripple
Effect**



**Self
Awareness**

WHAT TO EXPECT

SELF-PACED WORKBOOKS

Membership includes access to all workbooks. The following 4 books form the Foundations for Wellbeing Club.



WELLBEING CLUB HANDBOOK

This valuable resource explains the Wellbeing Club background, agreements, the story of the lotus, mindset, affirmations, communication, respectful relationships, workbook list and more.



BLOOMING LOTUS - WORKBOOK & PROJECT

Explore different aspects to build a robust 'Sense of self.' Record key words from each session on a petal as 'I am' statements to create a beautiful Blooming Lotus to keep as a reminder .



SELFCARE PLAN - WORKBOOK

Members work with accountability partners to work out their own individual self care routines as they develop skills and knowledge about DOSE, Meditation, Mindfulness, Healthy snacks, Journaling, and more



WELLBEING GOALS - WORKBOOK

This guide has tools, templates and questions to guide participants to create goals in the 8 pillars of Wellbeing. Extra worksheets are included for other areas such as each child, business, holidays & more.



SCHOLARSHIP OPTIONS

SCHOLARSHIP FROM JOYQUILITY

We are offering a limited number Scholarships for Basic Membership in 2025. This includes access to the workbooks, monthly online sessions, accountability partners & FB Group.

FACE TO FACE SCHOLARSHIPS

We are seeking businesses, community groups and Community Service Organisations interested in partnering with us to provide funding for the In person meet-ups.
That's: 4 x 10 weeks at \$10 per session = \$400 per person per year.

FULL IN-PERSON SCHOLARSHIPS

We are seeking businesses, community groups and Community Service Organisations interested in partnering with us to provide full funding for the In person meet-ups.
That's: Membership \$29.95 per month x 12 = \$359.40 + \$400
= \$759.40 per person per year.

FULL ONLINE SCHOLARSHIP

We are seeking businesses, community groups and Community Service Organisations interested in partnering with us to provide full funding for the Full Online Membership.
\$69.95 X 12 = 839.40 per year

TO APPLY FOR SCHOLARSHIPS

Applicants can apply online via the website. We want to work with people who are in a safe and stable place, ready, willing and able to work out how to bring more peace, harmony and joy into their lives.

SPONSORING SOMEONE YOU KNOW

WHY

Perhaps you know someone in the community who would like to make some changes? Perhaps they are wanting to change family patterns? Wellbeing Club offers connection with others seeking to change too. This support is powerful.

KNOW SOMEONE WHO WOULD BENEFIT?

You are welcome to sponsor an individual you know. To do this you can specify on your form the name of the recipient of the scholarship you are providing. Similarly they fill in the 'Application for Scholarship Form' and name you as their sponsor.

ANNUAL SCHOLARSHIPS

To ensure ample opportunity for participation and growth we ask you to provide the full 12 month scholarship for the individual. This provides stability so that they can fully trust, commit and participate. After 12 months the process begins again. You may choose to fund your Applicant for up to 5 years and or offer the first 12 months of funding for any individual.

MORE APPLICANTS THAN SPONSORS

We expect in launching this program that we will have a lot of applicants. We will select those who are ready to connect with others, make changes and attend each session for 12 months. If your applicant is identified as "not ready to participate", you can introduce another 'Applicant'.

WHAT IF YOUR INDIVIDUAL PULLS OUT

Our application process is carefully designed to select people who really want to attend, connect and grow. Still, it is normal for any program to have a percentage of participants pull out for various reasons. If your selected individual pulls out, you can choose to be refunded the unused amount or pass your sponsorship to another participant.

MEMBERSHIP OPTIONS

Weekly Sessions run in line with Victorian Schools Terms. Timetable in Handbook.
In Person Sessions will run at MEAC, Alexandra St, Mooroopna

	Base Plan	In person Mooroopna	Online Plan
Monthly Price	\$29.95	Basic + \$10 per session	\$69.95
Annual	x12 = \$359.40	\$759.40	x12 = 839.40
Handbook With first payment each year	✓	✓	✓
Access to Membership page with workbooks	✓	✓	✓
Facebook Group	✓	✓	✓
Local FB Group		✓	
Monthly Online Meetup 2nd Thurs of month via Zoom	✓	✓	✓
Monthly Accountability Partner (via meetup)	✓	✓	✓
40 Weekly Online Sessions per year			✓
Face to Face Accountability Group		✓	
January Intensive Online Valued at \$160		✓	✓
40 Weekly 2 hour Face to Face Club Sessions per year		✓	

CLUB PROGRAM - 2025

2025 Dates

OCTOBER '24

NOV-DEC '24

Weekly Sessions run in line with Victorian Schools Terms.

SELF-CARE JOURNEY: Wellbeing Club Style Workshop series

MEET & GREET SESSIONS

JANUARY
THURSDAY 2ND,
9TH, 16TH, 23RD

JANUARY INTENSIVE

Topic to be decided. Have your vote in November via our Facebook Poll. Find us at Joyquility

Goals / Meditation / Self-care / Intuition Development

TERM 1
JAN 28TH -
APRIL 4TH

INTRODUCTIONS TO WELLBEING CLUB

Foundations: Blooming Lotus Project, Self Care or Goal Setting Sessions based on Lotus Worksheet Exploration, Discussion, Visualisation meditations and Wellbeing Tools

New Workbooks Released: Journaling, Meditation, Mindfulness

TERM 2
APRIL 22ND -
JULY 4TH

Continues...

Foundations: Blooming Lotus Project, Self Care or Goal Setting Sessions based on Self Care, Discussion, Visualisation meditations and Self Care

New Workbooks Released

Communication, Intuitive Development

TERM 3
JULY 21ST -
SEPT 19TH

Continues...

Work on your chosen workbook from:

Foundations: Blooming Lotus Project, Self Care or Goal Setting Sessions Based on Goal Setting and Visualisation for each area.

New Workbooks Released TBA

TERM 4
OCT 6TH -
DEC 19TH

Continues...

Work on your chosen workbook from:

Foundations: Blooming Lotus Project, Self Care or Goal Setting

Sessions based on Lotus Worksheet Exploration, Discussion, Visualisation meditations and Wellbeing.

WORKSHOPS

For Organisations & Individuals

A great way to get a feel for what Wellbeing Club offers.

SELFCARE

Empowering people to care for their wellbeing. Offering an understanding of Self-care, goal setting, tools, practice, planning templates & practices such as meditation, mindfulness, journaling etc

GOAL SETTING

A simple poster created by each participant with a single goal written. in positive language, discussion around negating the inner critic and inner cheerleader.

SENSE OF SELF

The Blooming Lotus Project can be shared in less detail for a half day workshop. Includes mindful movements and visualisation meditation.

MINDFULNESS

A profound tool for personal development and the reduction of stress and anxiety. Jo has inspiration and expertise to support busy minds.

LUNCHTIME SESSIONS

Regular Meditation, Mindfulness and/or Yoga. Sessions to support Wellbeing.

HOW TO REACH ME

Office Hours: M - F 9:00am - 5:00pm

 Email	jo@joyquility.com.au
 Phone	0409 101 500
 Website	www.joyquility.com.au



THANK YOU!

Thank you for taking the time to read our scholarship document. FAQs, Timetables, Sessions, Programs and the Newsletter sign up can be found via the website. Application Forms will be released Oct 30th 2024.

And you are welcome to call me to discuss further.

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