



**JOYQUILITY**

# Program *Scholarships*



[JOYQUILITY.COM.AU](http://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<sup>®</sup> 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 Programs seek 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**

# WELLBEING PROGRAM 2025

## 2025 Dates

Terms run in line with Victorian Schools Terms.

OCTOBER '24

SELF-CARE JOURNEY: Wellbeing Club Style Workshop series

NOV-DEC '24

MEET & GREET SESSIONS

JANUARY  
THURSDAY  
16TH

JANUARY INTENSIVE

Topic to be decided. Have your vote in December via our Facebook Poll. Find us at Joyquility  
Goals / Doshas / Self-care / Connect with your guides

TERM 1  
8 WEEKS  
FEB 6TH -  
MARCH 31ST

FOUNDATIONS

Develop your Mindfulness and Meditation Skills  
Pranayama (calm breathing) Mindful Movements with breath, Meditation, warm discussion.

TERM 2

FOUNDATIONS

The Blooming Lotus Project  
Connect with your Higher, wiser self. Your soul-self.  
Sessions based on Mindfulness, Meditation, Discussion, Visualisation to uncover your "I am..." statements for your lotus.

TERM 3

Wellbeing Club Foundations

**Foundations:** Goal Setting

Once you have connected more strongly with your heart and soul in term 1 and 2, come along and reflect, visualise and allow guidance from your highest wisdom to connect you with what you want in each area of life.

TERM 4

Wellbeing Club Foundations Continues...

Work on your chosen workbook from:

**Foundations:** Blooming Lotus Project, Self Care or Goal

Setting and new workbook released... Topic to be announced

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

# SCHOLARSHIPS 2025

## **2025 APPLICATION PROCESS**

Applicants apply via the website for all terms that they would like to attend.

Applicants will be notified within 2 weeks of the closing date. We are super excited to meet new people and support learning, growth and connection for a flourishing community.

## **WHY**

Perhaps you know someone in the community who would like to make some changes? Perhaps they are wanting to change family patterns? Wellbeing Programs offer 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.

## **MORE APPLICANTS THAN SPONSORS**

We expect in launching this program that we will have a lot of applicants and that sponsors may want to see how it goes before stepping forwards. We will select the best applicants and invite those who miss out to reapply in the future.

# WHAT TO EXPECT 2026

## **SELF-PACED WORKBOOKS**

Membership includes access to all workbooks. The following 4 books form the Foundations for Wellbeing Club which are being offered in 2025 as stand alone programs.



### **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.



### **THE BLOOMING LOTUS 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.



# PROPOSED 2026 SCHOLARSHIP OPTIONS

## **SCHOLARSHIP FROM JOYQUILITY**

We are offering a limited number Scholarships for programw in 2025, then Basic Membership in 2026. 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 partenering with us to provide funding for the In person meet-ups.

In 2026 this is on a term by term basis. Current figures for 2026: 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 partenering with us to provide full funding for the In person meet-ups.

Term by term in 2025, then in 2026

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. Term by term in 2025, then in 2026: \$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 PROPOSED FOR 2026

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		✓	



# 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	<a href="mailto:jo@joyquility.com.au">jo@joyquility.com.au</a>
 Phone	0409 101 500
 Website	<a href="http://www.joyquility.com.au">www.joyquility.com.au</a>



# 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.

JO: 0409 101 500

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WWW.JOYQUILITY.COM.AU