



# ONLINE RECOVERY PROGRAM

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## MEET THE TEAM



**Toby Morrison**  
Health & Physical Well  
Being Coach



**Gemma Hanley**  
Mindset Coach



**Dr Olivia Lesslar**  
Resident Medical  
Consultant & Nutrition  
Expert

# About CFS Health

CFS Health was founded by Toby Morrison in 2009 after personally experiencing Chronic Fatigue Syndrome and enduring a long and frustrating journey to recovery.

Recognising the lack of awareness and available treatment for ME, CFS and Fibromyalgia, Toby developed a step-by-step Recovery Program to encourage and support other sufferers.

CFS Health is recognised as Australia's first health centre solely dedicated to helping people with ME, CFS and Fibromyalgia. In 2013, the program launched online and has reached 1000's of people in over 43 countries to date.

Gemma Hanley is the CFS Health Resident Mindset Coach. After experiencing CFS, anxiety and depression for over 10 years, Gemma brings first hand experience through her own recovery along with her training in mindset and emotional health.

Dr Olivia Lesslar is a medical professional and holistic doctor with a strong interest in complex chronic conditions, such as CFS. Dr Olivia approaches health from a realistic, whole-body perspective. Her teachings and workshops are research-based and fully referenced.

# Getting unstuck & identifying your needs

## Some common questions...

- How do I get better?
- Where do I even start?
- How do I progress?
- How do I stop being so stressed?
- How do I get motivated?
- How do I overcome setbacks?
- How do I understand what my body needs?
- How do I stop the push/crash cycle?
- How do I manage anxiety & depression?

## Can leave you feeling...

- Uncertain
- Isolated
- Not understood or misunderstood
- Scared
- Confused
- Overwhelmed



Before joining the Recovery Program I was at my lowest. I felt like I had tried everything as I was suffering from both Chronic Fatigue and Fibromyalgia. When I joined the program I was skeptical, I thought it might be another one to tick off that doesn't work. But the the team understood what I was going through and how I was feeling. It made a huge difference.

Jodie



# How does the Online Recovery Program work?

The program consists of two key components. These two components are designed to work together to best facilitate and support your recovery journey.

## ONLINE PROGRAM MODULES

- **Baseline**  
how to stop pushing and crashing to gain stability and consistency
- **Daily routine & structure**
- **Dealing with setbacks**  
and symptoms
- **Quality sleep**
- **Holistic nutrition**
- **REM**  
Restorative Exercise Movement and stretches to increase energy rather than deplete it
- **Mindfulness**  
and restorative breathing exercises
- **Progressive Exercise Movement**  
how to recondition your body without feeling worse
- **Stress and anxiety management**
- **Overall lifestyle enhancement**  
progressing back into living and transitioning from recovery to living life again

## ONLINE MENTORSHIP SUPPORT

- **Access to specialised coaches**  
empathetic, experienced and educated in the illness & recovery methods that work
- **Weekly group coaching calls**  
covering key topics and themes to accelerate recovery
- **Workshops and Q&As**  
ask questions inside the group
- **Monthly one on one support calls**  
Short Power calls to help you get back on track, get support and guidance on what to focus on next!
- **Online individualised coaching inside a group setting**  
help break through physical, mental and emotional challenges
- **Weekly accountability check in**  
to increase motivation and forwards momentum
- **Members only private Facebook group**  
be part of a like minded positive community and share & learn from others on the same journey
- **Weekly prompts and reminders**  
to keep members on track and fully engaged with their recovery journey

Additional teachings and key takeaways for a

# Holistic and Integrated

approach to recovery



## Mindset and Emotional Well being

- How to gain confidence
- Dissolve the limiting beliefs and/or fears that are holding you back
- Learn how to not be controlled by negative thought
- How to get out of guilt/shame and other non-useful emotions
- Become more at peace with yourself
- Learn how to ask yourself the right questions
- Learn how to master your 'inner dialogue'
- The exact questions to remove unnecessary suffering
- Find your own values and learn how to live by them
- How to gain the strength needed to handle life's stressful situations
- How to deal with any difficult circumstance or situation
- Master your thought patterns, routines and sub-conscious behaviours
- Self-coaching techniques
- Overcome the irrational fear that keeps you stuck in a negative cycle



## Stress Management

- Basics for everyone
- ANS recalibration
- Supporting GABA
- Supplement advice
- Foods that can aggravate stress
- How to identify supplements helpful for your situation
- Mitochondria basics



## Sleep Health

- Sleep and circadian rhythm
- Basic sleep hygiene
- Advanced sleep advice and hacks



## Nutrition & Gut Health

- Nutrition basics
- Probiotics and prebiotics



It was wonderful to be able to track my progress and see that I was increasing my activity without have big set backs. My aches and pains went away quite quickly after I started the program, and over time I realised my brain fog was finally lifting.

Amy



Some common experiences  
**shared by our members**  
as they move through the program

### Physical Well Being

- ✓ A feeling of more energy & stamina
- ✓ No more pushing & crashing
- ✓ Less symptom management & more progressing
- ✓ Able to enjoy the day without fear of feeling worse
- ✓ Increase in strength & consistency in feeling better
- ✓ Pain & Symptom free
- ✓ Able to 'do' life without the need to nap
- ✓ Able to push without feeling worse
- ✓ Able to exercise & move again
- ✓ Start to feel 'normal tired' instead of 'CFS exhausted'
- ✓ Able to socialise, go to events & travel more

### Mindset

- ✓ Feeling calmer throughout the day
- ✓ Reduction in the panic & symptom focus overwhelm
- ✓ Able to deal with setbacks more easily
- ✓ A feeling of freedom
- ✓ Increased confidence & a more positive outlook on life
- ✓ Understanding negative emotions & how to let them go



CFS Health gave me a comprehensive set of lifestyle strategies and tools that have enabled me to regain my health. The online modules, which I could do at my own pace, were supported with webinars, coaching with Toby and other coaches that not only truly understood the impact of the condition on my life, but had the knowledge to help me recover. In the past 18 months my health has gone from strength to strength.

Denise



# Taking the next step...



## How do I join?

We are not just any program. We do not have an option where you click 'pay now' and you're in. The reason we have an initial call with each client is to ensure that what we offer is something that you actually need and to confirm that you are a good fit for the program. After our call we will both get a feel for whether the program is the right for you.

This is an individualised group coaching program containing a high level of individual interactions with the CFS Health Team and accountability to other members in our community. This is a relationship that begins with a conversation to ensure that we are both on the same page, for the benefit of you and all the other members. We aim to support individuals who possess the qualities, proactive attitude and commitment required to get transformational outcomes. Having this in place allows for greater impact, greater results and a positive, encouraging, safe space for all members.



## What is the cost?

The investment of this program is \$500AUD (\$360USD roughly, £280 GBP roughly) per month for a minimum 6 months.

After this time there are two options; you can stay in the program and continue your journey with us on a rolling monthly membership with no lock in contract, or you can choose to leave and cancel the membership with no additional charges after the initial 6 months.



## Can we help you?

We are here to support you on your journey to better health, improve the quality of your life and get you back doing the things you love. If you think you're a good fit for this program and would like to join please email us to let us know and we will get to you ASAP. We can't wait to chat.

Wins and encouragement from  
**current members**  
inside the program RIGHT NOW

Each week our members share their achievements (no matter how big or small) with each other inside our private Facebook Group.

Seeing people's wins and their progress is a sure sign that if **it's possible for them, it's possible for you.**

-  My win this week.  
Worked 18 hours. 🥳🥳🥳🥳  
A bit tired, but it feels okay 🙌  
Insight. Even though I'm eager to work I should not work more hours than these 18 the next four weeks.
-  I've been doing more zoom calls and speaking to friends the last week, saying yes when the opportunity to socialise comes up and it's felt really nice to connect!  
Like · Reply · 8
-  I had 1 night this week with no pain. And a lot of days with no anxiety. Little things 🙌  
Like · Reply · 7
-  My win is sticking to my baseline for the week really well and as a result having consistent and improved energy  
Like · Reply · 7
-  Hey everyone, hope you are all well! 😊 As I shared earlier in the group, my win was going to the Elton John concert and handling it well.
-  Win - Getting out each day since Monday's coaching call, for a short walk on local park.  
Insight - Don't stress over the "small stuff", especially things that have already happened and/or things I can't change.  
Like · Reply · 7
-  Tobys live chat on Monday was a great start to my week. Hearing about self discipline and prioritising my health has been something I have lacked for over a decade, I know it's going to take time to change but I can see changes have already started to happen.

-  I have been working on my baseline:)  
Taking things into my own hands.  
I have gotten to sleep almost every night this week early, and have also waken up earlier at around 9-10 am.  
I have noticed that I am waking up easier in the morning.  
I also started the stretching routine from Toby's program. I stretch every day for about 10minutes breathing throughout it.  
I am really proud of myself as I started off doing a different yoga video routine that didnt feel good or rejuvenate me, and was out of my baseline too.  
Like · Reply · 10
-  My win was a fairly intense 1.5 hr yoga class 🙌  
Like · Reply · 5
-  I went to the ballet on Tuesday, my absolute favourite thing to do, I was so caught up in it that I felt better in myself afterwards 🙌  
Like · Reply · 7
-  biggest win this week is simply the fact that I more and more feel how I am recovering. All my symptoms specially the ones that are not so severe seem to diminish very slowly but steady.  
Like · Reply · 2
-  Hi everyone!  
My win this past week was getting on an early bus ride (5 am) to Chicago and visiting the South African Consulate there to figure out a passport issue. Had a long day out, but made it home and did not feel too bad.
-  ▶ The CFS Health Mentorship  
Friday wins : I can read a book to my daughter without getting a sore throat. I'm nearly there with base line with school routine Viral symptoms seem to be disappearing Mindset in check always Managed...  
Like · Reply · 2
-  I would also like to thank everyone!! You guys have been so supportive and also gave me really good feedback on my post. Thank you for being amazing champions!! You definetly inspire others;)   
Like · Reply · 10