Introduction to NuFit Wellness Coaching & Mentoring

Building Wellness Weapons

KATHY·O
TAKE ACTION • CREATE CHANGE

NUFIT WELLNESS

3 Core Beliefs & Mission:



Everyone has the ability to improve their health outcomes using the principles of The NuFit 7 Pillars To Wellness



Nurturing growth mindsets and supporting neuroplasticity begins with the first pillar, Nutrition



Emotional Mastery is the core to Embodied living

It all starts with **Self-Awareness.**

Delivery methods include 1:1 consultations, online and in person group workshops, webinars and seminars. In this way, NuFit Wellness aims to fulfil its mission:



Show people how to live well: Transforming lives from unhappy & uncomfortable to **confident, courageous** and **committed** to their **best self**



Guide people back to a **regulated nervous system**: Mentor people to remember health with fundamental principles through mind, body, breathwork practices



Support leaders grow into their **full potential**: Help parents and teens **build solid foundations** to thrive through emerging adulthood



Supporting you through **life changes** with NuFit Wellness principles: Your trusted mentor and coach through the messy middle towards success

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WHO IS A WELLNESS WEAPON?

A Weapon in figurative speech is a strategy or tool: words, ideas, or laws used to gain an advantage or beat a rival. Your rival is burnout. I want to see you win. Research has shown when in the workforce, we have a 50-50 chance of experiencing burnout. Furthermore, 70% of youth in Australia are already burntout, and **it takes 1-3 years to heal**. Being a NuFit Wellness Weapon means you know how to think, and make conscious choices to maintain, and improve your health in any given circumstance. No matter what life changes we experience, a Wellness Weapon knows how to adapt to be better. A Wellness Weapon takes ownership of their health, remains accountable for their outcomes, and develops the ability to respond to new challenges. No matter what the diagnosis, you decide the prognosis.

WHAT MAKES A WELLNESS WEAPON?



- Build Solid Foundations on truths
- Beat Burnout – Go From Burnout To Blessing
- Become Burnout Proof – Be Unstoppable
- Gain Relentless Faith – Embrace gutsy leadership

AT NUFIT WELLNESS WE:

1. Teach you the principles of The 7 Pillars To Wellness to support you heal from burnout
2. Walk you through the Detox By Design and Flow To Wellness Process to reclaim your health
3. Ensure you understand the Burnout to Blessing Method to prevent burnout from reoccurring

Let my lessons be your leverage.
Go from learning to living.

NUFIT WELLNESS • COACHING & MENTORING •

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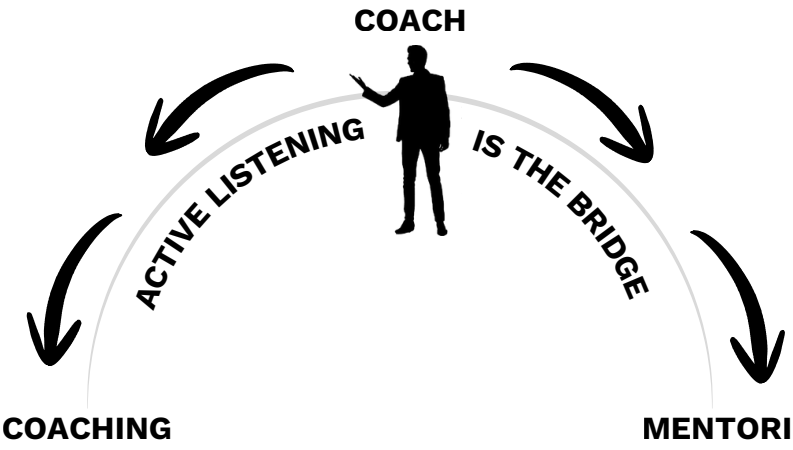
KNOWLEDGE IS NOT POWER, APPLIED KNOWLEDGE IS POWER

WHY COACHING & MENTORING

There's a subtle difference between the two that our coaches have learnt. I use the analogy of the coach standing on a bridge. They can either go towards mentoring, or the other way towards coaching – depending on what you need at the time.

Mentoring: A transfer of knowledge, skills, using story telling and examples to teach the client the 'what' of wellness. Gain clarity in a world full of noise and misinformation.

Coaching: Asking the right questions to evoke self-reflection, self-awareness, and an emotional experience within the client that will drive them to take action. The 'how to' of wellness. Overcome resistance to change and become the version of yourself you envision.



Blind spots: You are the Formula 1 driver. This is your race towards your future self. Your coach is in the headset checking in, keeping you alert, monitoring your energy levels, ensuring you have enough electrolytes, helping you decide when to take a pit stop. We all have blind spots. Having a coach in your corner gives you eyes outside the arena that see differently, oftentimes more than we do from inside. **Becoming a Wellness Weapon doesn't mean you don't take a pitstop, it means you are unstoppable in your continuous improvement. Even if you breakdown, you only get stronger.**

TRANSFORMING LIVES FROM UNHAPPY AND UNCOMFORTABLE TO CONFIDENT, COURAGEOUS AND COMMITTED TO THEIR FUTURE SELF VISION

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NORMAL BLOODS, ABNORMAL SYMPTOMS.

Imagine you had a ‘gut feeling’ something is off. You don’t feel like your usual self. You’re tired, unable to do the things you love, maybe sleeping more, cancelling on friends, watching a little more tv, walking a little less. Your intuition tells you to seek support. It’s not painful or loud. On the contrary, it is a subtle hum because there is no problem, **yet**.

You go to the GP. Blood test results are ‘Within Normal Range’, you are told ‘everything is normal, you’re fine, healthy’ without exploration of your lifestyle or stressors. No further investigations are warranted because you are “too young”, “too fit” or “too something”. So, you silence your intuition. You tell it - it was wrong. You no longer listen to it when it whispers to ‘slow down’, ‘stop pushing’, ‘rest now’, ‘go get a second opinion’, ‘do new tests now, please’. Instead, you push through because you were told ‘everything is normal, you’re fine, you’re healthy, you’re too young’. About 2 to 6 years later, you have a new diagnosis.

Crohn’s Disease, Endometriosis, PMOS all take on average more than 2 years to diagnose, up to 6.5 years for Endometriosis. We are missing the bigger picture by focusing on population averages known as the ‘Normal Range’. Perhaps contributing to trends is the suppression of our intuition when we feel ‘off’, and are told ‘everything is normal’ because yes - in that moment it seems so, on paper. We’ve all been on that date, or had that job interview where it looked perfect ‘on paper’. **What if** you were in the early stages, moving towards disease, when the results are not yet skewed?

It is so hard to put these experiences into short punchy sentences, I feel for my clients so much. I was one of them. With tears in my eyes, called argumentative by doctors when asking for support, when I knew ‘something is off, I don’t feel like myself, I can’t explain it’. Maybe it’s nobody’s fault they’ve not been taught to trust the client experience. It’s nobody’s fault we’ve not taught how to listen to and understand our bodily sensations, the warning signs, the language being used, the cry for help, and we can take self-responsibility to learn. Learning is not where it stops, learning is where it begins.

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FROM LEARNING, WE MOVE TO LIVING.

Through my own experience and working with clients, I've noticed health practitioners rely on results that do not always accurately portray the story I hear, and symptoms I see from clients. Often the GP relies on 'red zones'. It's rare they have the time, or understanding to look at patterns or markers that are at higher/lower ends of the 'Within Normal Range'. This results in misdiagnosis or more testing and frustrations as the client feels unheard, unseen, confused, hopeless.

What is optimal for one person, may not be for another. Some individuals with magnesium levels 'Within Normal Range' exhibit magnesium deficiency symptoms that subside with supplementation. We need to look beyond the results, and at the person as a whole. **'Within Normal Range' does not account for transitional periods of life.**

An underactive thyroid is something I see too much. Before the thyroid is underactive (hypothyroidism), it is under-performing. Results come back 'Within Normal Range', yet the client describes symptoms that sound like an underactive thyroid. Often there is an underlying Iron and Vitamin D deficiency that has not been explored, or is considered: 'Within Normal Range'.

Within Normal Range does not mean optimal. There are times life puts more pressure on our bodily systems. What was once maintaining our metabolism is no longer sufficient for energy production, rest and repair.

Like athletes, when stressed we work through our storages of vitamins and minerals more rapidly, and our Immune System and gut health may be compromised, decreasing absorption. I see this particularly during times of change, and I'm seeing it amongst all age groups. Moving house, graduation, changing jobs, becoming an adult, returning home after a break-up, refinancing, becoming a parent, separation, divorce, co-parenting arrangements changing, death of a loved one. **It is during these transitional periods we are most susceptible to burnout.**

With a 50-50 chance of experiencing burnout once we enter the workforce, it's not a question of if, but when. In Australia, up to 70% of young adults are already burntout. It takes 1 - 3 years to heal, if you are truly healing. Some will stay stuck in the pattern, managing burnout rather than healing. Normalising abnormal symptoms until it gets worse. Remission is achievable. Healing from and preventing burnout is possible. I want to see you win.

I want to see you become a Wellness Weapon.
Be burnout proof. Be unstoppable.

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A PILLAR IS A FIRM VERTICAL STRUCTURE THAT HOLDS THE BUILDING UP.

Fall down 7 times, get up 8 – Build yourself back up, stronger. Build yourself up on solid foundations. Be built to last. **Become burnout proof**. The 7 Pillars To Wellness – The fundamentals to health and wellness, are based on scientific and epidemiological principles proven to help you rebuild your nervous system. Better yet, proven by committed NuFit Wellness clients who healed leaky gut syndrome, IBS, skin conditions, Breast Implant Illness, OCD, Anxiety disorder, ADHD, Hypothyrodism, Metabolic Disease, became pregnant when told she'd never be a mother. **These NuFit Wellness Weapons are the reason I no longer doubt our self-healing mechanism**, and The 7 Pillars that bring us back to our centre. Genetic instability causes DNA mutations: your building blocks get knocked off centre when you don't do these things.

Reflect: What's holding you up? What (and Who) are your personal pillars?



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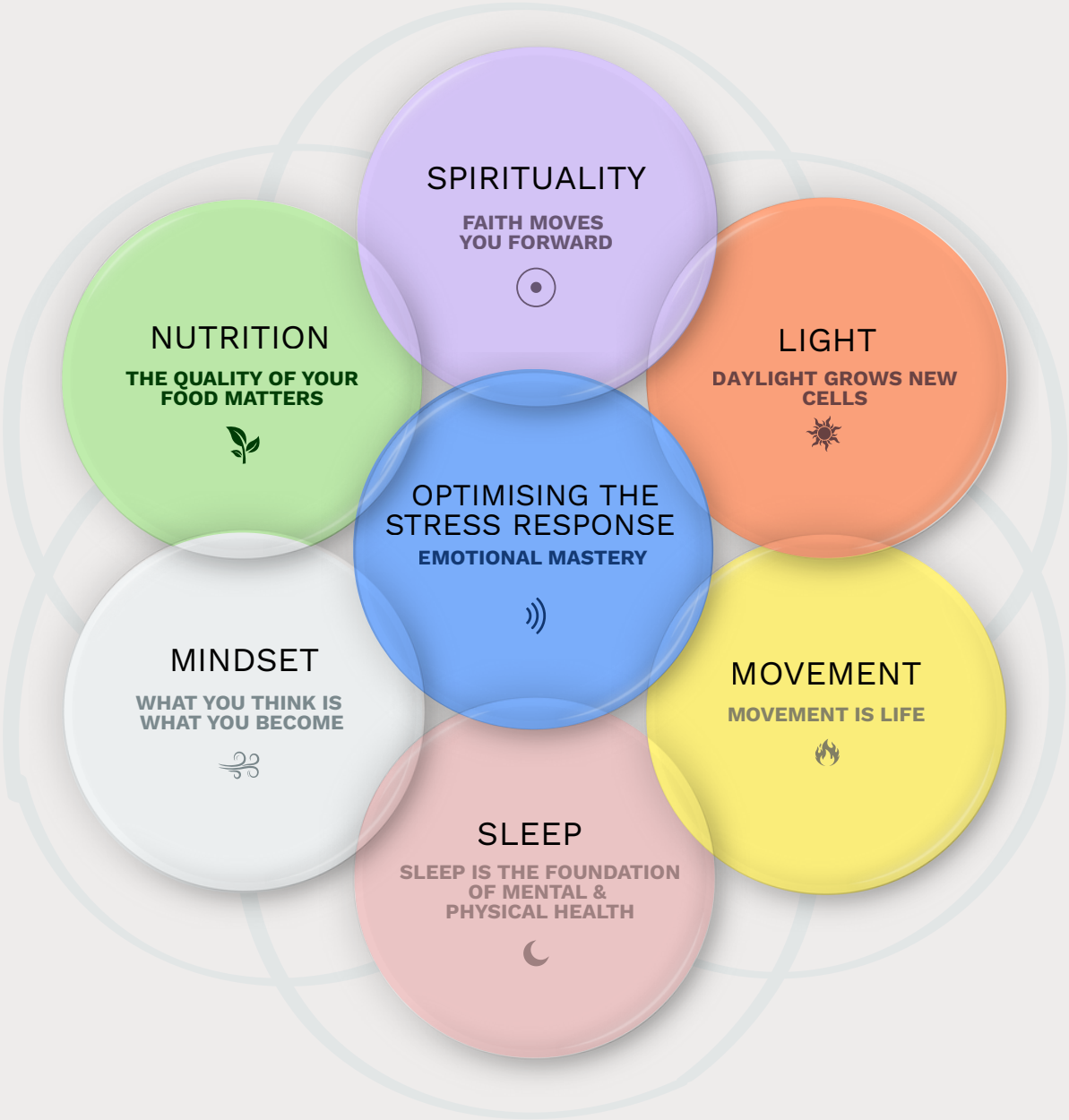
NUFIT WELLNESS 7 PILLARS TO WELLNESS



The 7 Pillars To Wellness are part of a bigger picture known as The Embodiment Fractal Framework™ – the foundation to integration and structure to the Burnout 2 Blessing Method. We start here to build on a solid foundation that lasts.

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Reflect: What pillar gets knocked down when you're under pressure? What pillar needs improvement?

Reflect: What are the practices, rituals, structures you build back up when tipped off your centre? How do you bounce back from adversity?

Reflect: Can you identify what pillar causes the 'domino effect'? Where must you hold the line?

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WE ARE ALL SLAVES TO OUR HABITS.

Create good habits, get good results. All habits are patterns of behaviour and lead to consequences. What outcomes do you want? We cannot shame or blame ourselves into lasting change. We can only inspire ourselves into lasting change. Instead of thinking good & bad – think good & better. Letting go of patterns of behaviour that no longer serve us can feel like freeing yourself from a weed wrapped around your ankle. This new freedom can also feel confusing, like something is missing. Sometimes it can feel like pulling a tooth that was causing pain. We are relieved that the tooth is gone, the pain subsides. However, how many times does our tongue go over the spot where the tooth used to be. Over time less and less as we focus our attention elsewhere, or the gap gets filled with better.

Be the guardian of your mind. Build an awareness of your thought patterns through the way you feel when you expose yourself to certain media. Yes social media, and beyond. Notice how you can choose music according to your mood. You can also change your mood with the music you choose. Notice how a comedy tv show lightens life, a drama makes it heavy. What you expose yourself to has the potential to uplift you, or weigh you down. Rethink your feed with one simple question: Is this uplifting me, or weighing me down? Use this question to filter your beliefs, who you follow on social media, who you let into your life, what you choose to eat, drink, how you choose to move. Is this uplifting me, or weighing me down? Is this making me feel lighter, happier, healthier, or stuck, dense, disconnected? Is this giving me joy, or stealing my energy?

SELF-REFLECT: What is weighing you down? How can you lighten the load?
TASK: Go through your social media and ask yourself 'Is this uplifting me or weighing me down' Unfollow what's heavy.



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3 WAYS TO BUILD SELF - AWARENESS:



Self-reflection:
Journalling and
Mirror work



Coaching & Mentoring:
Blind spot checking
and Feedback



Mindfulness:
Stillness, Movement
Breathwork practices

SELF-REFLECT: Use the rose analogy to check in on your mindset and reframe any challenges you may be facing:

- **Rose** – what is something good that happened today/this week?
- **Thorn** – what is something challenging that happened today/this week?
- **Bud** – what is something you are looking forward to?

THORN: Pluck the thorn. What did I learn from it? How is this a good thing? How did I grow? How did it happen for me.



ROSE	THORN	BUD
	Remember to reframe Strength is born through the struggle	

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CREATING LASTING CHANGE: CAR

Use the CAR acronym to remember how to become an action taker and create lasting change.

C – Clarity: The Vivid Vision, know your '**why'**. The '**how'** comes later.

Reflect: What do you want, and what for? How will your life be different when you achieve your vision? Who is your future self? What does your life look like in 10 years? What stories will you tell your grandchildren about the life you've lived, things you've built, experiences you've had? What does your future self do on a daily, weekly, fortnightly, monthly basis?



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A – Action: Aligned action taking rather than blind behaviours come from emotional mastery. Alignment has a formula we teach you. Start by listing your values and turning them into verbs – this provides your personalised 'how to' live and set boundaries guide. Remember, priorities change, so can values.
For example:



VALUE (NOUN)	EXPRESSION (VERBS)
HONESTY	Tell the truth with kindness and compassion
WELLNESS	Mediterranean dietary pattern daily Gym 4/7 Run 2/7

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KEEP – STOP – START

R – Repetition: Insanity is doing the same thing over and over again and expecting a different result. Consistency is driven by discernment, the ability to make decisions and act how your future self would. The measure of intelligence is your ability to change. Trial and Error and Correction leads to success. Are you correcting yourself with compassion?



What behaviours are taking me a step closer to my vivid vision?

What behaviours are taking me away from my vivid vision? What are you doing that your future self doesn't do?

What do I want to do instead? What does your future self do?

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Creation Cacao

Visit: www.creationscacao.com

Cacao or Cocoa - what's the difference?

Cocoa results from roasted cacao beans. The cacao beans are heat processed which means a loss of nutrients, 60 - 90% less antioxidants. The more processing the lower the % of cacao. The heat processing makes it sweeter. It is often mixed with additives and preservatives including sugar, refined hydrogenated oils, milk fats, artificial colours and flavorings.

Ceremonial Grade Cacao is unprocessed, packed with antioxidants, protecting the body from free-radicals that do damage to cells and cause premature aging. Cacao has no added chemicals, it is rich in iron, magnesium, and neurotransmitters. It contains the stimulating aphrodisiac theobrimine, mood boosting serotonin and tryptophan, and a huge amount of phenylethylamine which increases dopamine.

Studies show that cacao may help increase insulin sensitivity protecting from type 2 diabetes, reduce blood pressure protecting our hearts, and improve learning and memory abilities. Cacao nibs are a great replacement for chocolate chips if you are looking to boost your baking (especially good in banana bread).



Get 10% off!
Use the discount code **KATHYO-10** at checkout or scan the barcode and the discount will be applied at checkout for you.

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Eco-Friendly Glass Water Bottles & Plastic Free Reusable Straws

Discover the non-toxic, BPA-free, reusable glass water bottles with protective silicone sleeve, available in 650mL and 1L sizes.

Wilfred Eco is committed to protecting the environment – especially our oceans – from plastic waste. Creating sustainable, premium-quality drinkware that is as functional as it is beautiful. With Australian-registered designs, each product is crafted with durability, safety, and style in mind.



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At Wilfred Eco, we believe that small, mindful choices – like choosing non-toxic, reusable drinkware – can spark big, positive changes.

Kathy O endorses the WilfredEco brand as a way of effectively reducing toxin exposure. Scan the QR code for a 20% discount or use code **KATHYO-20** at checkout.

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Supernatural electolytes

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Hydrate Faster. Perform Harder.
Water gets you by, SUPERnatural+ gets you there.

Too many people rely on sugary sports drinks that don't truly hydrate them. Redefining hydration for peak performance SUPERnatural+ helping athletes and active individuals stay properly hydrated with science-backed formulas. Not just offering hydration; building a movement that educates, empowers, and connects people who are passionate about health and performance.



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SUPER-ELECTROLYTE content that tastes amazing with ZERO SUGAR — designed to fuel fitness, recovery, and an active lifestyle.

Scan the QR code to find the direct link to your discounted offer, or use discount code **KATHYO-20** at the checkout.

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WHYSLP Wellness

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Sleep, Simplified.
Deep Sleep: Collagen-Infused Mouth Tape.

There's a difference between sleep and rest. Sleep is what the body does. Rest is what you wake up feeling. Your brain doesn't switch off because the lights went out. It quiets down when it receives the right cues that tell your nervous system: the day is done, it's safe to rest. Modern life sends the wrong signals. Screens that flood the eyes with light. A day that never ends. A nervous system that has forgotten what quiet feels like.

You're not broken. Your environment is sending the wrong signals.

That's what Deep Sleep: Collagen-Infused Mouth Tape is designed to address. Not as a fix, but as a single quiet signal. One strip to calm, closed-mouth rest, supporting your body's natural overnight rhythm.

A different kind of morning.

Scan the QR code to find the direct link to your discounted offer, or use discount code KATHYO-15 at the checkout.

WHYSLP



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ABOUT KATHY O and NuFit Wellness

Health and Wellness Consultant, Facilitator, founder of NuFit Wellness Coaching and Mentoring Kathy Ozakovic, with a background in clinical nutrition, dietetics, went on a journey of self-discovery to become a Breathwork Practitioner, and so much more. In Australia, Kathy worked on the wards of a rural NSW hospital, and Sydney metropolitan private practice. Having seen and experienced the effects of illness, she felt her energy and enthusiasm for health was more useful in the space of Lifestyle Medicine.

Kathy believes setbacks are stepping stones towards success. Her positive attitude and strong faith often inspire others to turn obstacles into opportunities. “I have experienced a lot of change throughout my life which came with challenges. Moving countries, witnessing various physically and mentally debilitating illnesses, overcoming an eating disorder, breast implant illness and explant surgery, disentangling from co-dependent and narcissistic relationships. These experiences provided me with a great level of compassion and empathy, whilst installing firm boundaries, and a sense of ownership, accountability and self-responsibility. I get it. Change is not always easy. With the right support, it can be easeful.”



SUCCESS LEAVES CLUES.
CONDENSE DECADES INTO DAYS WITH THE RIGHT STRATEGY AND SUPPORT.
I WANT TO SEE YOU WIN.

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ABOUT KATHY O and NuFit Wellness

NuFit Wellness principles are backed by science, a blend of Eastern and Western medicine as Kathy O believes there is a time and place for both. “Health, wealth and thriving relationships are your birthright. Your body has an innate ability to heal; it knows what to do. Our job is to help it remember health by removing interferences and creating a nurturing and nourishing environment. Take action, create change. It all starts with self.”

Kathy O supports people to understand physical symptoms they experience include yet go beyond the biology of the body. On a mission to inspire you to become an action taker and create lasting change through awareness, breath and conscious choices. NuFit Wellness principles help the body heal, rest and recover to grow back stronger and more resilient.

Kathy O says NuFit Wellness is ‘in the business of returning people to a regulated parasympathetic nervous system’ using the Nervous System Embodiment Tool and Dynamic Embodiment Integration Model coined by Kathy O. This may lead to disease symptom remission including thyroid, gut health, fertility, and autoimmune challenges.

The NuFit Wellness Health Philosophy is holistic and comprehensive. Embracing the teachings of epigenetics, Kathy believes behaviour and gene expression follow emotion. This is how Kathy O came to develop the NuFit Wellness Embodiment Fractal Framework™, Flow To Wellness For Women™, Burnout 2 Blessing Method, Inner Mastery Model, and The TACC Strategy™ which guide individuals towards emotional mastery to create lasting change.

NuFit Wellness addresses the fundamentals to health grounded in the principles of the 7 Pillars To Wellness, and supports individuals understand the ‘how to’ of living life well. Health does not happen by accident; it is in the choices we make. When told by a friend “you really live life well” Kathy responded with: “and I want to show others they can to”.

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WELLNESS IN THE WORKPLACE

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