Thrive 360©

A transformative online self-paced program to help you reclaim 20% more health and wellbeing.

SUZANNE RATH

SPEAKER • AUTHOR • COACH

www.suzannerath.com.au

42% of people feel emotionally drained from their jobs.

47% of people feel stressed in their job daily

42% of women and 35% of men report feelings of burnout

51% of workers feel 'used up' by the end of the work day.

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We're in the midst of a stress and burnout epidemic—and no amount of 'positive thinking' will fix it. Our society is constantly 'on,' making it challenging for high achievers to disconnect, prioritise, and approach both work and life in ways that energise them.

Despite having endless access to health resources, many of us struggle to implement what works best for our bodies and lifestyles. For successful women, especially those approaching midlife, self-care often falls to the bottom of an overwhelming to-do list. The demands of leadership, caregiving responsibilities, hormonal shifts, and societal expectations leave little room for personal well-being.

Leaders and business owners face relentless pressure to be everything for their teams, often at the cost of their own health. Even those who appear to thrive professionally can feel empty and exhausted behind the scenes, crushed by the unrealistic expectations of an 'Instagram-perfect' life.

What's the point of external success if you're running on empty internally? High performance is only sustainable when grounded in inner health, well-being, and self-leadership. It's time to invest in you, to reclaim your energy, focus, and fulfillment—because when you're thriving from the inside out, everything else falls into place

Depleted?

Disillusioned?

Directionless?

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Thrive 360: Start your transformation

Before Thrive 360	After Thrive 360
Directionless : Outwardly you may be thriving but inside you feel empty, lacking clear purpose. You may be questioning your life direction or recovering from a major transition. You know it's time to focus on your well-being but you're not sure where to start.	**Purposeful**: You're clear on your vision, values, and vitality. You have laser focus, a solid plan, strong boundaries, and feel excited about your future.
Disillusioned: You're rying hard to be healthy and energised, but feeling stuck and unfulfilled. Life isn't what you hoped, and you're unsure of the first steps to make real change.	**Productive**: You confidently take steps to improve your health and manage your time. You're more intentional with eating, moving, and how you spend each day.
Depleted: Overworked, overwhelmed, and over it. Health concerns may be creeping in, and you're not sure how to regain your energy and spark	**Prosperous**. You're open to abundance in work and life. You've set clear boundaries, prioritised self-care, and created space to live fully and joyfully.

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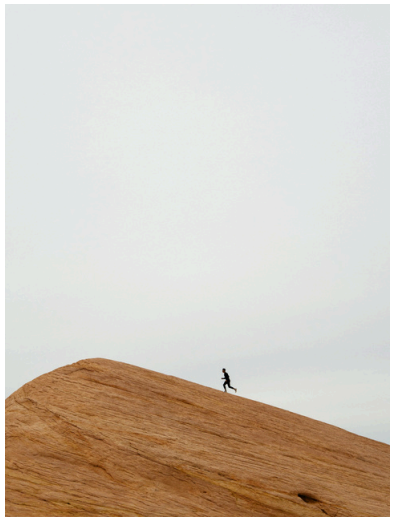
Benefits of Thrive 360

- Rediscover Your Purpose
- Boost Your Energy
- Strengthen Your Boundaries
- Create Intentional Habits
- Sustain Your Well-Being
- Enhance Your Productivity
- Find Fulfillment Again



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Program highlights

Individualised support: Gain access to Suzanne in the group coaching sessions and in the accountability group in between sessions. Upgrade to Executive level for 1:1 health coaching over 6 months, to really help you thrive!

Leadership focussed: Unlike traditional health and well-being facilitators, Suzanne understands the unique challenges of leading others and believes that self leadership is key to achieving in life. Whatever your career level, you'll gain valuable self leadership insights in this program.

Evidence backed: Suzanne blends 20 years in Physiotherapy with 8 years of being a health entrepreneur and leading a team, to marry together current data on healthy habits and workplaces.

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VITAL Health Pillars.©

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Our unique VITAL health pillars model provides the framework for the unique Thrive 360 transformation for YOU.

You'll start by identifying which of the 5 Pillars would make the biggest difference in your life. This is your focus over the course of the program! It's about just 20% more- incremental steps, for ongoing progress.

WHAT WOULD 20% MORE HEALTH & WELLBEING MEAN TO YOU?

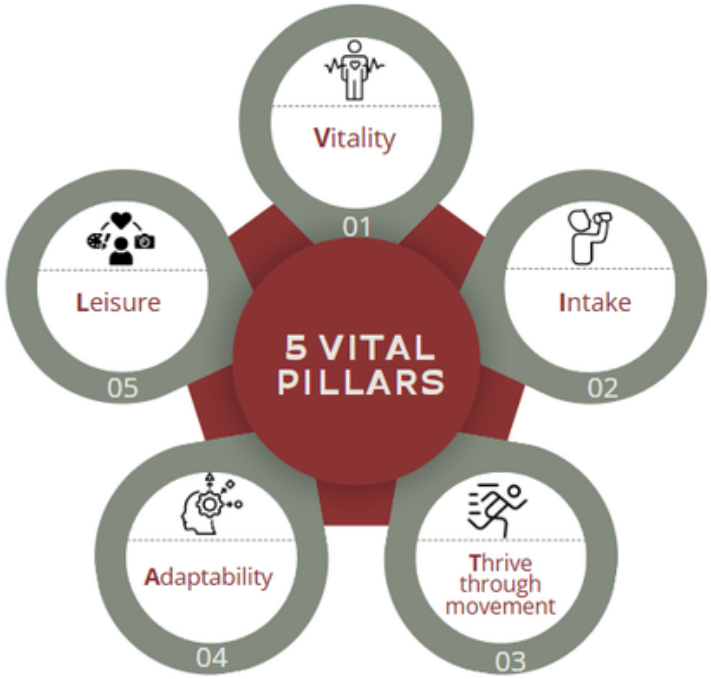
Vitality: How energised are you- in work and outside? Do you do things that bring you joy?

Intake: How intentional are you with what you eat/ drink? How does what you consume make you feel-physically & mentally?

Thriving through movement: Are you getting enough of the right kinds of movement? FACE- Flexibility, Aerobic exercise, carry a load (weights!) & equilibrium?

Adaptability: How's your physical and mental resilience? Are you adaptable to change? Or do you feel overwhelmed and over-it?

Leisure: How do you invest your downtime? Do you get enough sleep? Is your leisure time topping up your energy bank?



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PURPOSEFUL	PRODUCTIVE	PROSPEROUS
Empowered **1.Vivid Vision** Directionless	Invigorated **4. Energising Exercise** Exhausted	Freedom **7. Brilliant Boundaries** Guilt
Authentic **2.Aligned Values** Compromising	Energised **5. Intelligent Intake** Sluggish	Responsive **8. Boost Adaptability** Reactive
Recharged **3.Boundless Vitality** Depleted	Focused **6. Intentional Itineraries** Frazzled	Determined **9. Bolster Resilience** Disillusioned

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Who should apply?

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- Driven professionals who are exhausted from overextending themselves and want to prioritise health without compromising success.
- Employees seeking to break free from constant burnout and rediscover their energy and passion for life.
- Empowered leaders determined to lead by example, fostering healthier habits and well-being for themselves and their teams.
- Midlife women who feel overworked, overwhelmed, and ready to transform from feeling depleted to feeling purposeful and resilient.
-

20% More

"What would 20% more health and well-being mean to you? More Purpose? More Productivity? More Prosperity? I guarantee it would make a huge difference in your work, relationships & life."

Note: The initial round is being offered at a heavy discount and includes significant support from Suzanne. We appreciate your feedback and insights on the program.

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About Suzanne Rath

- Award-winning leader, business owner, experienced physiotherapist, health coach, and endurance athlete.
- Founder of multiple Allied Health practices with 18 years in physiotherapy and 8 years as a health entrepreneur.
- Survivor of a life-changing accident in 2013, overcoming a mild traumatic brain injury and chronic fatigue through self-management.
- Advocate for health and self -leadership.
- Combines health coaching, performance bio-hacks, and leadership tools to empower people to reclaim 20% more health and well-being- helping individuals & organisations to thrive.
- Applies learnings of 18 years as a Physiotherapist & 8 years as a health entrepreneur to empower individuals to take control of their own health, and assist organisations to grow teams who are more purposeful, productive and prosperous.

"If you're looking for a dynamic keynote speaker or a coach who can transform the well-being of your team, Suzanne is your go-to. Her workshops & programs are a game-changer for anyone ready to prioritise their health and lead with purpose. Highly recommend" Prosper Taruvinga, CEO, Lifelong Digital

"Recently I attended an event where Suzanne spoke to a large group of education leaders about midlife malaise. I found the address to be relevant, accurate & engaging. The audience thoroughly enjoyed her enthusiastic & well researched information. I find Suzanne's style easy to engage with and her obvious lived experience further reinforces the messages. I 100% recommend working with her" Mark Allen, School Improvement Coach, Education Queensland.

Suzanne is an inspiring leader who truly embodies the values she promotes. Despite the many challenges of building a strong business, she has consistently prioritised her own health and wellbeing, serving as a living example of what she now supports her clients with. Suzanne's dedication, integrity & expertise make a profound difference in the lives of those she works with". Sophie Anderson, Cairns Coaching.

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Other Ways to work with Suzanne:

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➡ Tailored workplace wellbeing and health coaching programs & facilitation. 1:1 or teams, aimed at meeting your unique Organisational Needs (Australia/ worldwide)

➡ Keynote Speaking at your next conference or event:

- Endurance Leadership

➡ Expert Speaker topics include:

- Mastering Midlife Malaise: Thriving from the inside out
- Burnout to Brilliance

➡In person or virtual delivery of any of the Thrive 360 modules: 1-3 hours each.

➡ Come to Italy on a leadership retreat with Angela Sedran & I: Renaissance In Rome, September 2025

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