

**LIMITLESS**  
LIFE EDUCATION

**CONNECT • EMPOWER • TRANSFORM**

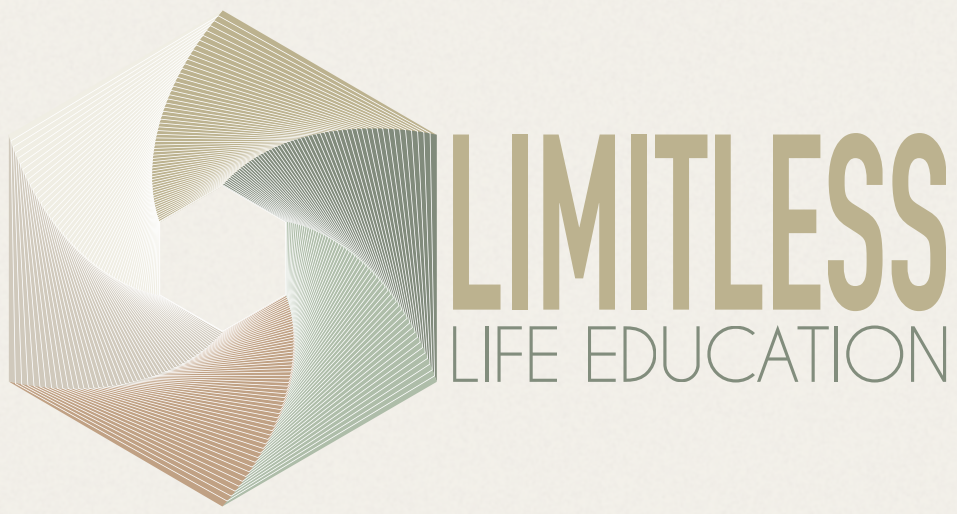
*Optimising* **LIMITLESS** *Potential*  
with an **INCLUSIVE & COLLECTIVE** approach



**LIMITLESS LIFE EDUCATION**  
**OVERVIEW**



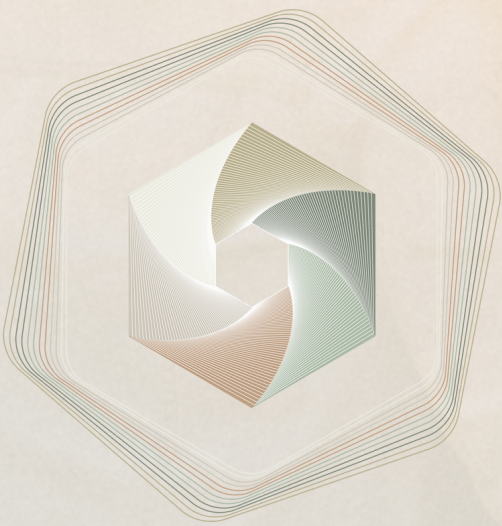




**TRANSITIONAL EDUCATION & MENTORSHIP**  
for **TEENAGERS, Young Adults & Families** to  
**EMPOWER Resilience**  
**TRANSFORM Capacity &**  
**OPTIMISE Potential**



**Workshops • Coaching • Camps • Breathworx**



We provide  
**Community EMPOWERMENT &**  
**Personal TRANSFORMATION**  
programs & opportunities  
to Empower **RESILIENCE,**  
**Building & Transforming CAPACITY**  
to Optimise **POTENTIAL**  
in **TEENAGERS, Young Adults & Families**



We do this through our essential  
Life\_**SKILLS**, Self\_**EDUCATION**, **ENQUIRY** & Self\_**EXPLORATION**  
provision;  
to develop **PHYSICAL** Capacity, **MENTAL** Resilience &  
**EMOTIONAL** Intelligence, in order to  
**OPTIMISE**  
Health, Happiness and **WELL BEINGS**  
whilst reducing  
**STRESS, ANXIETY & DEPRESSION**  
Amongst young people, families and communities  
with an Inclusive & Collective approach to  
**Optimise LIMITLESS Potential**



**WWW.LIMITLESSLIFEEDUCATION.COM**



+61 403 103 220



hello@LimitlessLifeEducation.com



LET'S LEARN ABOUT

# YOU

SELF OPTIMISATION  
SELF ACTUALISATION  
SELF MASTERY  
SELF REALISATION  
SELF AWARENESS  
SELF DISCOVERY

*Empowering Resilience  
& Building Capacity*

IN TEENAGERS & ADULTS  
through LIFE\_SKILLS  
SELF\_EDUCATION  
ENQUIRY & EXPLORATION

Too many TEENAGERS & ADULTS  
are struggling, feeling lost, DIS\_CONNECTED and DIS\_EMPOWERED  
which can result in Stress, Anxiety & Depression or worse\_



## LIMITLESS LIFE EDUCATION

we provide Life\_SKILLS, Self\_EDUCATION  
ENQUIRY & EXPLORATION opportunities to build

**PHYSICAL** Capacity  
**MENTAL** Resilience &  
**EMOTIONAL** Intelligence  
in Young Adults & Teens



**CONNECT  
BREATH**  
Body&Mind



**EMPOWER**  
SELF through  
Education, Enquiry  
& Exploration



**TRANSFORM  
YOU to**  
BE\_LIMITLESS



# Our Limitless Framework

Enhances and Enriches our participants through an **Ascension Framework**

Lets **CONNECT** through the **LIMITLESS** Lens of **PERCEPTION**



Connecting Self\_ **DISCOVERY** and **AWARENESS**



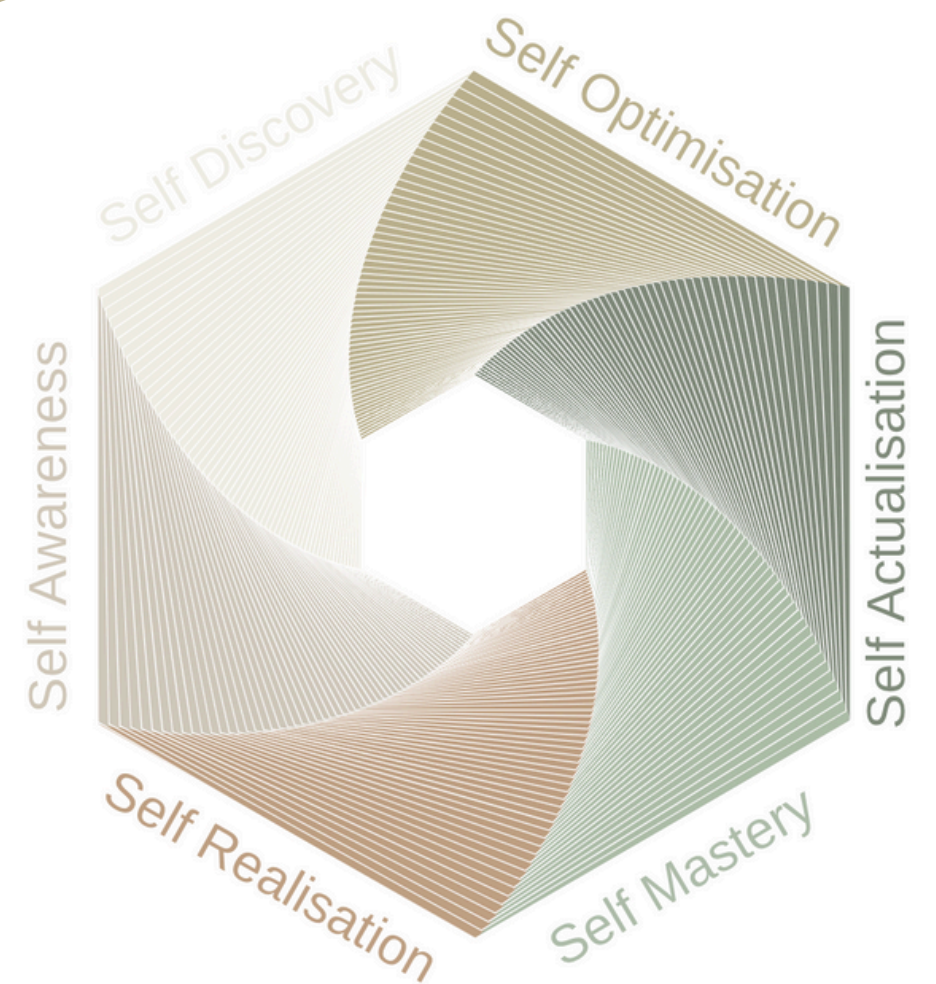
Empowering Resilience through Self\_ **ACCEPTANCE** & **REALISATION**



Transforming through Self\_ **MASTERY** & the **ACTUALISATION** of YOU



Optimising an expanded Collective Consciousness Learning the Limitless Lessons of Life to **LIVE Life LIMITLESSLY**



underpinned by our **Pillars of Development** to Optimise **SELF**:



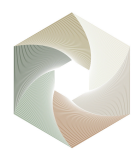
**PHYSICAL** Capacity



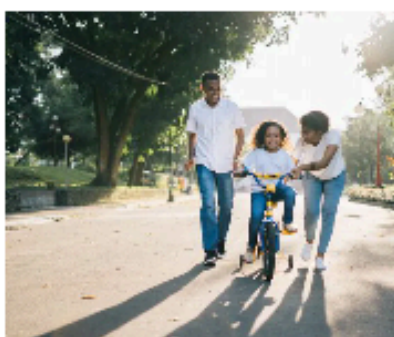
**MENTAL** Resilience



**EMOTIONAL** Intelligence



**FINANCIAL** Literacy



Empowered Children



Supported Special Needs



Resilient Teenagers



Congruent Parents



Aligned Families

Our **TEAM** of Passionate Educators & Facilitators believe **TRANSFORMATIONAL LIFE EDUCATION** brings out the **LIMITLESS** potential in **YOU**



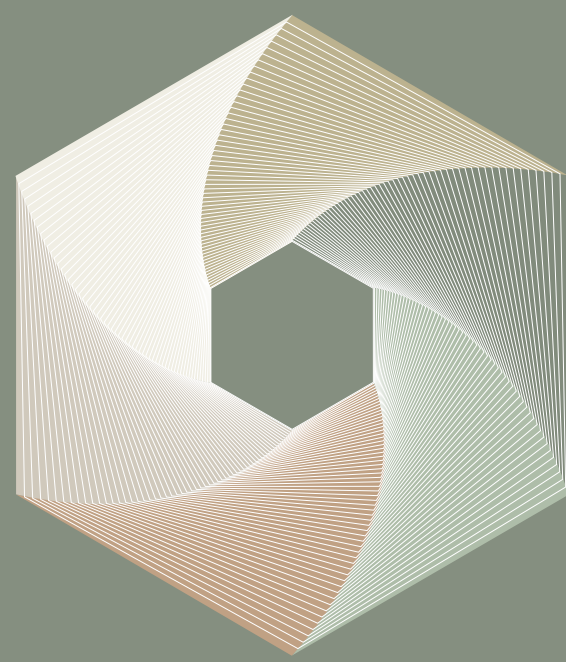


# Why LIMITLESS ?

We offer a Pathway to Optimise the Mental, Physical, Emotional and Financial potential of Teenagers, Young Adults & Families that are DIS\_ABLED or DIS\_ENGAGED in Life

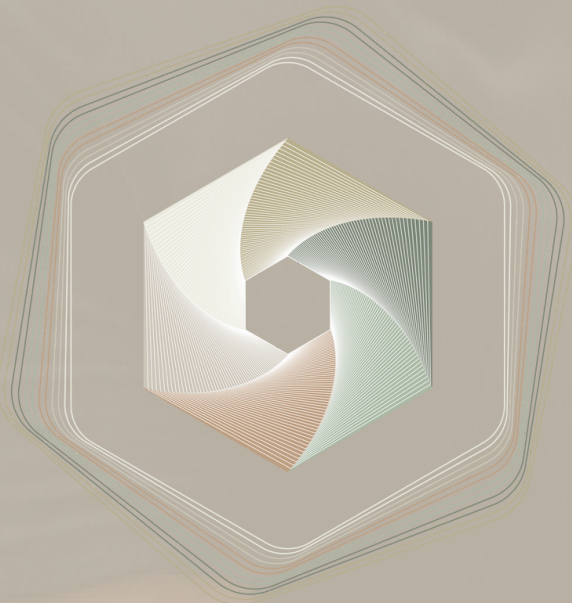
Our **Programs** are delivered by qualified and specialist Teachers, Educators and Facilitators who connect **Passion, Purpose** and **Vision** to bridge the Transition from **Education** to **Life** so that **YOU** become **Resilient** and **Empowered** to **Transform** into the best Version of **SELF**





**LIMITLESS**  
LIFE EDUCATION

**CONNECT • EMPOWER • TRANSFORM**



We are a **LIMITLESS** Collective of **PASSIONATE** Specialist **TEACHERS, EDUCATORS & FACILITATORS**

that support young adults & **TEENAGERS** **TRANSITION** from **EDUCATION** to **LIFE**

Our **VISION** is to **CREATE** a **TRANSITIONAL EDUCATION & MENTORSHIP** Provision & Pathways for **SELF GROWTH** and Personal **OPTIMISATION** for Young Adults & **TEENAGERS** to Connect to their **SELF** Empower their **VISIONS & TRANSFORM** their **LIMITLESS POTENTIAL** to **BE\_LIMITLESS**

\_regardless of any labels, programs or limiting beliefs  
\_we LOVE NDIS



**WWW.LIMITLESSLIFEEDUCATION.COM**

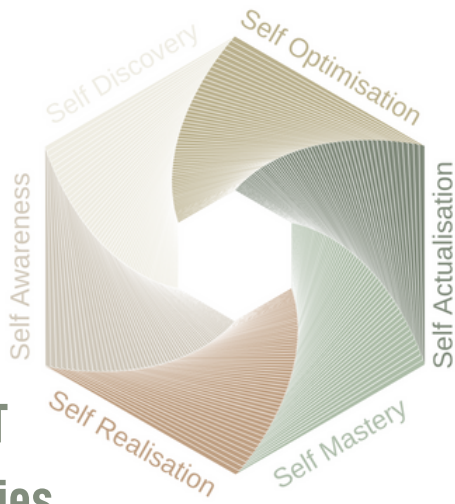


# LIMITLESS LIFE EDUCATION

we provide Life\_SKILLS, Self\_EDUCATION ENQUIRY & EXPLORATION opportunities to build **PHYSICAL Capacity** **MENTAL Resilience & EMOTIONAL Intelligence** in Young Adults & Teens

We provide **Community EMPOWERMENT & Personal DEVELOPMENT** programs & opportunities to Empower **RESILIENCE**, Building & Transforming **CAPACITY** to Optimize **POTENTIAL** in Teenagers, Young Adults & Families

We do this through our essential **Life\_SKILLS, Self\_EDUCATION, ENQUIRY & Self\_EXPLORATION** provision; to develop **PHYSICAL Capacity, MENTAL Resilience & EMOTIONAL Intelligence**, in order to **OPTIMISE Health, Happiness and WELL BEINGS** whilst reducing **STRESS, ANXIETY & DEPRESSION** Amongst young people, families and communities with an **Inclusive & Collective** approach to **Optimise LIMITLESS Potential**



 **Our LIMITLESS Life Education ENRICHMENT PATHWAY**



BE\_LIMITLESS ACADEMY Launching MAY 2024

## TRANSITIONAL EDUCATION & MENTORSHIP

BE_LIMITLESS WORKSHOPS	BE_LIMITLESS COACHING	BE_LIMITLESS CAMPS	BE_LIMITLESS BREATHWORX
Our Community EMPOWERMENT & Self_DEVELOPMENT Sessions & Workshops for SCHOOLS, CLUBS & ORGANISATIONS	Our RESILIENCE & CAPACITY Building COACHING & MENTORSHIP also available for NDIS PARTICIPANTS	Our Adventure CAMPS & Day EXPEDS also available for NDIS PARTICIPANTS	Our IMMERSIVE & TRANSFORMATION Experiences to reprogram the subconscious mind and limiting beliefs to BE_LIMITLESS
#SELF_DISCOVERY the Power of YOU	Initial CONSULTATION	Self_EMPOWERMENT Adventure DAY EXPED	BREATHWORX JOURNEYS
Liv to BREATHE not VAPE	Self_ACCELERATOR Program	Self_TRANSFORMATION & Adventure CAMPS	BREATHWORX4TEENS
I AM LIMITLESS	Self_MASTERY Program		BE_LIMITLESS 1_1 Sessions
BE_LIMITLESS	Self_OPTIMISATION Program		

BE_LIMITLESS ACADEMY			
BE_LIMITLESS Self_DISCOVERY LITE MODE	BE_LIMITLESS Self_ACCELERATOR MEMBER	BE_LIMITLESS Self_MASTERY PARTICIPANT	BE_LIMITLESS Self_OPTIMISATION Pathway Student
Lite MODE _ or GHOST MODE allows YOU to EXPERIENCE the POWER of YOU	_MEMBERS are then Educated, SUPPORTED and MENTORED by our BE_LIMITLESS Coaching & Mentorship Provision and Pathways to TRANSITION from EDUCATION to LIFE to BE_LIMITLESS ENHRICHMENT PROGRAMS & PATHWAYS	_PARTICIPANTS are CLIENTS and PARTNERS in the Pursuit of Self_MASTERY to Optimize LIMITLESS Potential with an INCLUSIVE & COLLECTIVE approach _PARTICIPANTS have enrolled on our programs of Self_EDUCATION, Therapy and ENRICHMENT facilitation	_STUDENTS have furthered their EDUCATION and our now PATHWAY PARTNERS with us to TRANSITION them through our OPTIMISATION PATHWAYS _OPS_

## BE\_LIMITLESS ACADEMY on SKOOL



This is our **ONLINE COMMUNITY** to SUPPORT our COLLECTIVE of **Members, Participants & Students**







# Our LIMITLESS Life Education ENRICHMENT PATHWAY



## TRANSITIONAL EDUCATION & MENTORSHIP

### BE\_LIMITLESS WORKSHOPS

Our Community **EMPOWERMENT**  
& Self Development  
Sessions & Workshops  
for **SCHOOLS, CLUBS &  
ORGANISATIONS**

#DISCOVER the  
Power of YOU

Liv to **BREATH**  
not VAPE

I AM **LIMITLESS**

BE\_LIMITLESS

### BE\_LIMITLESS COACHING

Our **RESILIENCE & CAPACITY**  
Building **COACHING & MENTORSHIP**  
also available for **NDIS FUNDED  
PARTICIPANTS**

Initial Consultation

Self\_**ACCELERATOR**  
Program

Self\_**Mastery**  
Program

Self\_**OPTIMISATION**  
Program

### BE\_LIMITLESS CAMPS

Our BE\_Limitless Adventure  
Camps  
also available for **NDIS FUNDED  
PARTICIPANTS**

Self\_**EMPOWERMENT**  
& Adventure  
**DAY EXPEDs**

Self\_**TRANSFORMATION**  
& Adventure  
**CAMPS**

### BE\_LIMITLESS BREATHWORX

Our **IMMERSIVE &  
TRANSFORMATION** Experiences to  
reprogram the subconscious mind

**BREATHWORX EXPERIENCES**

**BREATHWORX4TEENS**

**BE\_LIMITLESS  
1\_1 Sessions**



LIMITLESS  
LINKTREE

[WWW.LIMITLESSLIFEEDUCATION.COM](http://WWW.LIMITLESSLIFEEDUCATION.COM)



+61 403 103 220



[hello@LimitlessLifeEducation.com](mailto:hello@LimitlessLifeEducation.com)





## BE\_LIMITLESS WORKSHOPS

## BE\_LIMITLESS COACHING

## BE\_LIMITLESS CAMPS

## BE\_LIMITLESS BREATHWORX

Our Community EMPOWERMENT & Self DEVELOPMENT Sessions & Workshops for INDIVIDUALS, SCHOOLS, CLUBS & ORGANISATIONS

Our RESILIENCE & CAPACITY Buiding COACHING & MENTORSHIP also available for NDIS FUNDED PARTICIPANTS

Our Limitless Adventure CAMPS & EXPEDS are for NDIS & Non-NDIS funded PARTICIPANTS

Our IMMERSIVE & TRANSFORMATIONAL Experiences REFRAME to BE\_LIMITLESS

Self\_DISCOVERY

STEP 1:

Assessment & Suitability

Self\_TRANSFORMATION ADVENTURE CAMPS

BREATHWORX EXPERIENCE

#Self\_DISCOVER the Power of YOU

Initial Consultation

JUNE 2024

@LANCELIN, wa

SUNDAY SESH

Self\_AWARENESS

STEP 2:

Enrolment & Foundations

SEPT 2024

@LANCELIN, wa

ONLINE SESH

Liv to BREATH not VAPE

Self\_ACCELERATOR Program

STEP 3:

Acceptance & FUNDamentals

Self\_EMPOWERMENT ADVENTURE DAY EXPEDS

BREATHWORX 4TEENS

Self\_REALISATION

I AM LIMITLESS

Self\_MASTERY Program

STEP 4:

Invite & Pathways

weekly

NORTHERN VENTURES

Booking a Self\_EMPOWERMENT Session

Self\_MASTERY

\_BE\_LIMITLESS

\_Self\_OPTIMISATION ENROLMENT

weekly

SOUTHERN VENTURES

BREATHWORX 1-1 SESSIONS

\_book a PLACE and secure your spot today

\_attend a LIVE BREATHWORX EXPERIENCES



LIMITLESS LINKTREE

[WWW.LIMITLESSLIFEEDUCATION.COM](http://WWW.LIMITLESSLIFEEDUCATION.COM)

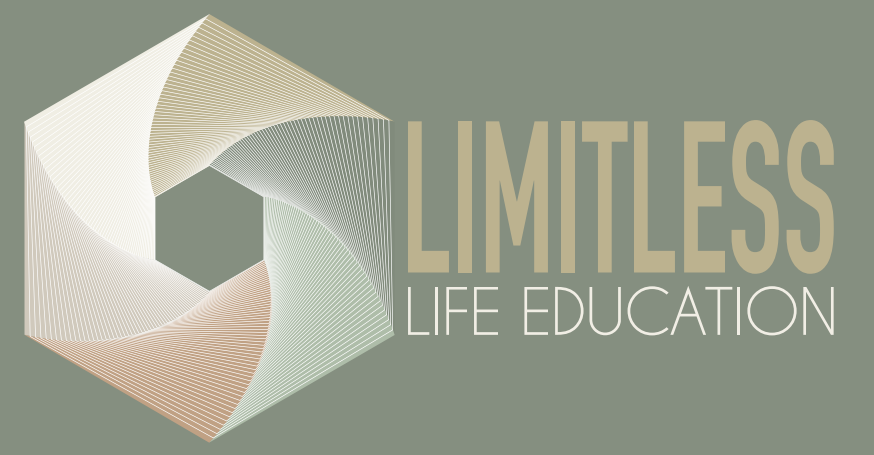


+61 403 103 220



hello@LimitlessLifeEducation.com





CONNECT•EMPOWER•TRANSFORM

CONNECT•EMPOWER•TRANSFORM

COMMUNITY EMPOWERMENT & SELF DEVELOPMENT  
BE\_LIMITLESS WORKSHOPS

BE\_LIMITLESS  
WORKSHOPS



WWW.LIMITLESSLIFEEDUCATION.COM

+61 403 103 220 hello@LimitlessLifeEducation.com



LIMITLESS  
LINKTREE

CONNECT  
BREATH  
Body&Mind

EMPOWER  
SELF through  
Education, Enquiry  
& Exploration

TRANSFORM  
YOU to  
BE\_LIMITLESS





**BE\_LIMITLESS  
WORKSHOPS**  
SELF\_OPTIMISATION  
PROGRAM

## COMMUNITY EMPOWERMENT & SELF DEVELOPMENT **BE\_LIMITLESS WORKSHOPS**

OUR BE\_LIMITLESS WORKSHOPS ARE DESIGNED TO CONNECT, EMPOWER & TRANSFORM TEENS, YOUNG ADULTS AND FAMILIES TO OPTIMISE THEIR LIMITLESS POTENTIAL.

THE SESSIONS FORMAT FOLLOWS OUR THREE PHASE APPROACH

### CONNECT

CONNECT TO BODY AND MIND THROUGH BREATH AND BODY AWARENESS AND DEVELOPMENT: EXPLORING THE RELATIONSHIP BETWEEN OUR SYMPATHETIC AND PARASYMPATHETIC NERVOUS SYSTEM, OUR VAGUS NERVE AND ITS ROLE IN REGULATING OUR EMOTIONS AND ENERGY SYSTEMS AND THE IMPACT THIS CAN HAVE ON OUR BEHAVIOUR AND PHYSICAL EXPERIENCE OF LIFE AS WELL AS THE POWER OF OUR LYMPHATIC SYSTEM TO DRAIN INFLAMMATION AND ANY BLOCKED ENERGY THAT CREATES DIS\_EASE PHYSICALLY, MENTALLY AND EMOTIONALLY.

### EMPOWER

EMPOWER SELF THROUGH EDUCATION, ENQUIRY & EXPLORATION; DIVING INTO THE RELATIONSHIP OUR MIND SET, HABITUAL PATTERNS AND BELIEF SYSTEMS PLAY IN OUR DECISION MAKING AND LIFE CHOICES THAT EITHER CREATE POSITIVE OR NEGATIVE THOUGHTS, ACTIONS AND RESULTS. WE INSTILL A KNOWING THAT WE CAN CREATE AND ACHIEVE THE BEST AND BE WHAT EVER WE PUT OUR MINDS TOO.

### TRANSFORM

TO BE THE BEST VISION & VERSION OF YOU

TRANSFORMATIONAL CHANGE CAN HAPPEN WITH A THOUGHT AND IS OPTIMISED AS A RESULT OF LONGER TERM SUPPORT, ADVICE AND GUIDANCE, WHICH WE ENSURE BOT DURING AND AFTER OUR SESSIONS ACROSS OUR LIMITLESS PROVISION AND SUPPORT WE PROVIDE ORGANISATIONS AND INDIVIDUALS.



**CONNECT  
BREATH**  
Body&Mind



**EMPOWER**  
SELF through  
Education, Enquiry  
& Exploration



**TRANSFORM  
YOU to**  
BE\_LIMITLESS





SELF OPTIMISATION  
SELF ACTUALISATION  
SELF MASTERY  
SELF REALISATION  
SELF AWARENESS  
SELF DISCOVERY

## OUR FRAMEWORK FOUNDATIONAL PRINCIPLES The ART & SCIENCE OF SELF

We provide Community **EMPOWERMENT** & Personal **DEVELOPMENT** programs & opportunities to Empower **RESILIENCE**, Building & Transforming **CAPACITY** to Optimize **POTENTIAL** in Teenagers, Young Adults & Families

We do this through our essential Life\_**SKILLS**, Self\_**EDUCATION**, **ENQUIRY** & Self\_**EXPLORATION** provision; to develop **PHYSICAL** Capacity, **MENTAL** Resilience & **EMOTIONAL** Intelligence, in order to **OPTIMIZE** Health, Happiness and **WELL BEINGS** whilst reducing **STRESS**, **ANXIETY** & **DEPRESSION** Amongst young people, families and communities with an **Inclusive & Collective** approach to Optimize **LIMITLESS** Potential



Our **FOUNDATIONAL** Pillars of Development are :



**PHYSICAL** Capacity



**MENTAL** Resilience



**EMOTIONAL** Intelligence

  
**CONNECT  
BREATH**  
Body&Mind

  
**EMPOWER**  
SELF through  
Education, Enquiry  
& Exploration

  
**TRANSFORM**  
**YOU to**  
BE\_LIMITLESS



SELF OPTIMISATION  
 SELF ACTUALISATION  
 SELF MASTERY  
 SELF REALISATION  
 SELF AWARENESS  
 SELF DISCOVERY

OUR FRAMEWORK FOUNDATIONAL PRINCIPLES  
**The ART & SCIENCE OF SELF**

<b>BREATHE Awareness &amp; Manipulation</b>	<b>Foundational HUMAN Performance &amp; LIFE Coaching</b>	<b>Increased Self_BELIEF &amp; Self_AWARENESS that you control your DESTINY</b>
<b>LYMPHATIC Awareness &amp; CLEANING</b>	<b>NEURO LINGUISTIC PROGRAMMING</b>	<b>Enhanced Self_CONTROL &amp; Self_DISCIPLINE to develop Self_RESILIENCE</b>
<b>IN &amp; OUT Strength &amp; Conditioning</b>	<b>Belief System &amp; Limiting Belief REWIRING</b>	<b>Enriched Self_COMPASSION &amp; Self_ACCEPTANCE to BE YOU</b>
<b>SOMATIC Therapy</b>	<b>Positive &amp; Negative Patterns of Cognitive Behaviour</b>	<b>Optimised Self_MASTERY to BE_LIMITLESS</b>
<b>Somatic YOGA</b>	<b>UNCONSCIOUS to CONSCIOUS Coaching</b>	<b>Physically Mentally Emotionally</b>

  
**CONNECT  
 BREATH**  
 Body&Mind

  
**EMPOWER**  
 SELF through  
 Education, Enquiry  
 & Exploration

  
**TRANSFORM  
 YOU to**  
 BE\_LIMITLESS





# BE\_LIMITLESS WORKSHOPS

## COMMUNITY EMPOWERMENT & SELF DEVELOPMENT BE\_LIMITLESS WORKSHOPS

Our Community EMPOWERMENT & Self Development Sessions & Workshops for SCHOOLS, CLUBS & ORGANISATIONS

### WORKSHOPS

Our Community EMPOWERMENT & Self DEVELOPMENT workshops and programs for TEENAGERS, Young Adults & Families We provide the following Introduction sessions and workshops and programs for Organisations, Clubs & Schools.

### PROGRAMS

Self\_DISCOVERY

### WORKSHOPS

### PROGRAMS

#Self\_DISCOVER the Power of YOU

#Self\_DISCOVER the POWER of **YOU**



SELF DISCOVERY



BE\_LIMITLESS Self\_ACCELERATOR 3 WEEK ACCELERATOR PROGRAM

Self\_AWARENESS

Liv to BREATHE not VAPE

LIV to BREATHE not VAPE



SELF AWARENESS



BE\_LIMITLESS Self\_MASTERY 6 WEEK MASTERY PROGRAM

Self\_REALISATION

I AM LIMITLESS

I AM LIMITLESS



SELF REALISATION



BE\_LIMITLESS Self\_OPTIMISATION 9 WEEK OPTIMISATION PROGRAM

Self\_MASTERY

BE\_LIMITLESS

BE LIMITLESS



SELF MASTERY

Lets Connect on a **FREE** Connect CALL to discuss your requirements



# BE\_LIMITLESS WORKSHOPS

Our Community EMPOWERMENT & Self Development Sessions & Workshops for SCHOOLS, CLUBS & ORGANISATIONS

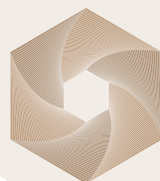
Self\_DISCOVERY



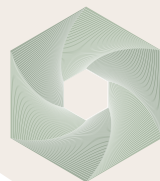
Self\_AWARENESS



Self\_REALISATION



Self\_MASTERY



Lets Connect on a **FREE** Connect CALL to discuss your requirements

## COMMUNITY EMPOWERMENT & SELF DEVELOPMENT BE\_LIMITLESS WORKSHOPS

### WORKSHOPS

Our Community EMPOWERMENT & Self DEVELOPMENT workshops and programs for TEENAGERS, Young Adults & Families  
We provide the following Introduction sessions and workshops and programs for Organisations, Clubs & Schools.

#Self\_DISCOVERY  
the POWER of  
**YOU**

This is our Introductory Session designed to CONNECT attendees to the power of them SELF\_Physically, Mentally & Emotionally



**LIVE to BREATHE not VAPE**

These are our topical workshops designed to empower & TRANSFORM limiting beliefs or habits our current focus is: **VAPING**



**I AM LIMITLESS**

These workshops are designed to assist during key Transitional periods to EMPOWER attendees to focus on Self\_Mastery to thrive not just survive during periods of change and challenge.



**BE LIMITLESS**

Our BE\_LIMITLESS Series is our GAME CHANGING program of Self DEVELOPMENT and OPTIMISATION





## BE\_LIMITLESS WORKSHOPS

Our Community EMPOWERMENT  
& Self Development  
Sessions & Workshops  
for SCHOOLS, CLUBS &  
ORGANISATIONS

## COMMUNITY EMPOWERMENT & SELF DEVELOPMENT BE\_LIMITLESS WORKSHOPS

### PROGRAMS

#### BE\_LIMITLESS WORKSHOPS SELF\_ACCELERATOR PROGRAM

##### 3 Session ACCELERATOR Program

Our Self\_ACCELERATOR Program creates the opportunities to EMPOWER YOU through guided Self\_DISCOVERY To CONNECT Physically, Mentally & Emotionally to the potential of YOU enhancing SELF\_ENQUIRY, Self\_AWARENESS & Self\_ACCEPTANCE through the development of Self\_BELIEF, Self\_ESTEEM & Self\_CONFIDENCE

#### BE\_LIMITLESS WORKSHOPS SELF\_MASTERY PROGRAM

##### 6 Session MASTERY Program

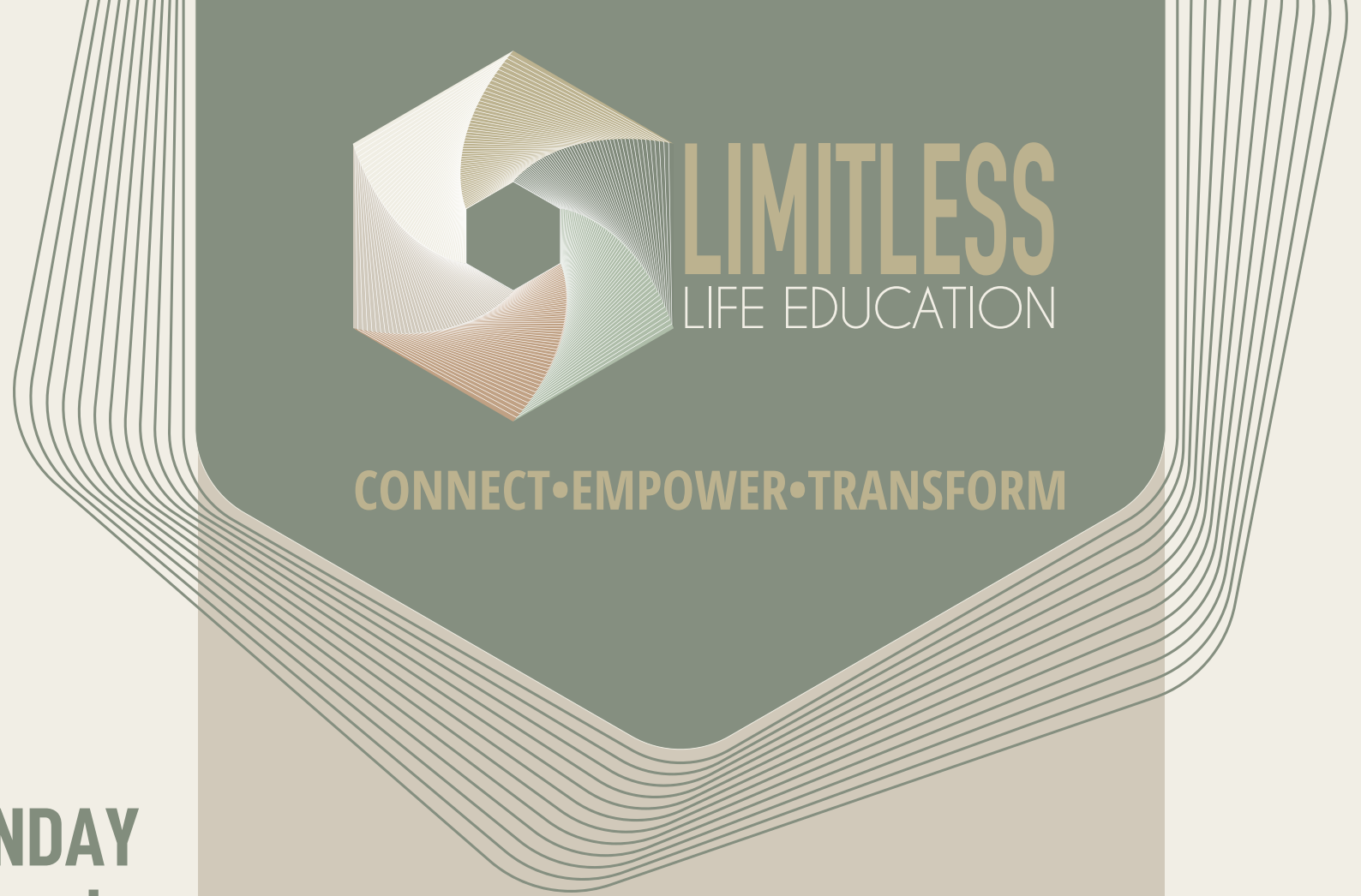
Our Self\_MASTERY Program creates the environment to TRANSFORM and unlock LIMITLESS POSSIBILITIES, designed to empower YOU with the Knowledge, Skills and Mindset necessary to navigate Life's challenges, to take back Self\_CONTROL of your life, to develop powerful Self\_ADVOCACY through Self\_DISCIPLINE & Self\_RESILIENCE so YOU can BE\_LIMITLESS

#### BE\_LIMITLESS WORKSHOPS SELF\_OPTIMISATION PROGRAM

##### 9 Session OPTIMISATION Program

Our Self\_OPTIMISATION Program will elevate and OPTIMISE your Journey of personal GROWTH and self DEVELOPMENT with our ongoing Coaching, Mentorship and INTEGRATION Program you will refine your skills, fine-tune your mindset and chart a course of LIMITLESS success and fulfillment, we become your DEDICATED PARTNER in the continuous pursuit of BEING the Best Version of YOU as we support your PASSIONS, PURPOSE and VISION





**EVERY MONDAY**  
 Come Meet us and a Group of likeminded people  
 to **LEARN** more and **UNLOCK YOUR POTENTIAL**  
 at **9:30am - 10am** for a **FREE COFFEE** followed by:

BE LIMITLESS PROGRAM  
**EMPOWERING THE BEST  
 VERSION OF YOU**  
 PHYSICALLY, MENTALLY, EMOTIONALLY - LIMITLESSLY




In collaboration with




**The Salvation Army**  
 10/18 Lavant way, Balga

**EVERY MONDAY**  
 All abilities welcome



[WWW.LIMITLESSLIFEEDUCATION.COM](http://WWW.LIMITLESSLIFEEDUCATION.COM)



+61 403 103 220



hello@LimitlessLifeEducation.com



**CONNECT  
 BREATH**  
 Body&Mind

**EMPOWER  
 SELF** through  
 Education, Enquiry  
 & Exploration

**TRANSFORM  
 YOU to**  
 BE\_LIMITLESS





**BE\_LIMITLESS  
WORKSHOPS**

COMMUNITY EMPOWERMENT & SELF DEVELOPMENT  
**BE\_LIMITLESS WORKSHOPS**

Self\_DISCOVERY

**WDP**  
the POWER of  
**YOU**



**BE**  
**LIMITLESS**

#Self\_DISCOVERY

## WDP - or the WORK & DEVELOPMENT PERMIT

The Work and Development Permit (WDP) Scheme is a new initiative to help people who are experiencing difficulty paying court fines due to hardship. Under a WDP, eligible people can apply to complete approved activities under the supervision of a sponsor, in place of paying the amount owed.

Activities include:  
unpaid work  
medical or mental health treatment  
educational, vocational or personal development course  
treatment for an alcohol or drug use problem  
mentoring (for under 25s).

The Schemes TARGET audience ideally benefits from our BE\_LIMITLESS Self\_EMPOWERMENT Program as our aims and value align and meet the needs of the scheme in the following ways;

ACCESS to holistic health modalities proven to aid positive MENTAL Health impacts  
PROVIDES educational development and Self\_GROWTH  
can FACILITATE in alcohol, drug and VAPING Cessation - this is an area of specific interest that we (LIMITLESS LIFE EDUCATION) are working directly with the DEPARTMENT of Health and Communities to link BREATHWORK as an alternative treatment for such addictions  
ESTABLISHES an environment for powerful Coaching & MENTORSHIP for young people and adults at an age of essential intervention.

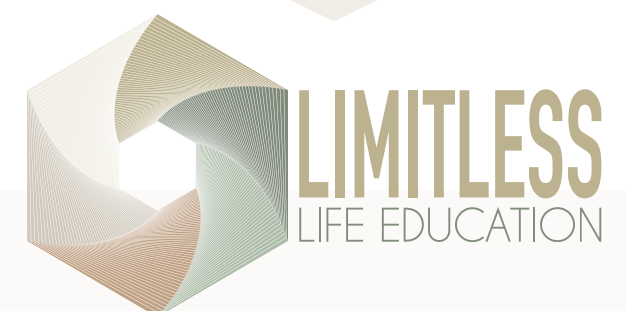
The offering of the BE\_LIMITLESS Self\_EMPOWERMENT Program at the SALVATION ARMY, Balga to the participants of the WORK & DEVELOPMENT PERMIT scheme provides an excellent opportunity to CONNECT and EMPOWER individuals that could otherwise find themselves on a path of OVERWHELM and DISCONNECTION from positive Life Choices - we believe we provide an excellent EARLY PREVENTION Plan and strategy for these participants whilst giving them access to essential LIFE SKILLS and Self\_EDUCATION which will ultimately benefit local families and community as well as the various SALVATION ARMY Streams.

The WORK & DEVELOPMENT PERMIT Scheme that has now been sponsored and facilitated through the SALVATION ARMY, Balga site, which provides an EXCITING opportunity for our collaboration.

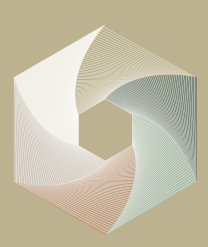


**Doorways**  
Community Support

Our Collaboraton with the Salvation Army also provides us with the opportunity to add value to the Governments WDP - WORK & DEVELOPMENT PERMIT Scheme.







# LIMITLESS LIFE EDUCATION

we provide Life\_SKILLS, Self\_EDUCATION  
ENQUIRY & EXPLORATION opportunities to build

**PHYSICAL** Capacity  
**MENTAL** Resilience &  
**EMOTIONAL** Intelligence  
in Young Adults & Teens

We provide  
Community EMPOWERMENT &  
Personal DEVELOPMENT  
programs & opportunities  
to Empower RESILIENCE,  
Building & Transforming CAPACITY  
to Optimise POTENTIAL  
in Teenagers, Young Adults & Families

We do this through our essential  
Life\_SKILLS, Self\_EDUCATION, ENQUIRY &  
Self\_EXPLORATION provision;  
to develop PHYSICAL Capacity, MENTAL Resilience &  
EMOTIONAL Intelligence, in order to  
OPTIMISE  
Health, Happiness and WELL BEINGS  
whilst reducing  
STRESS, ANXIETY & DEPRESSION  
Amongst young people, families and communities  
with an Inclusive & Collective approach to  
Optimise LIMITLESS Potential

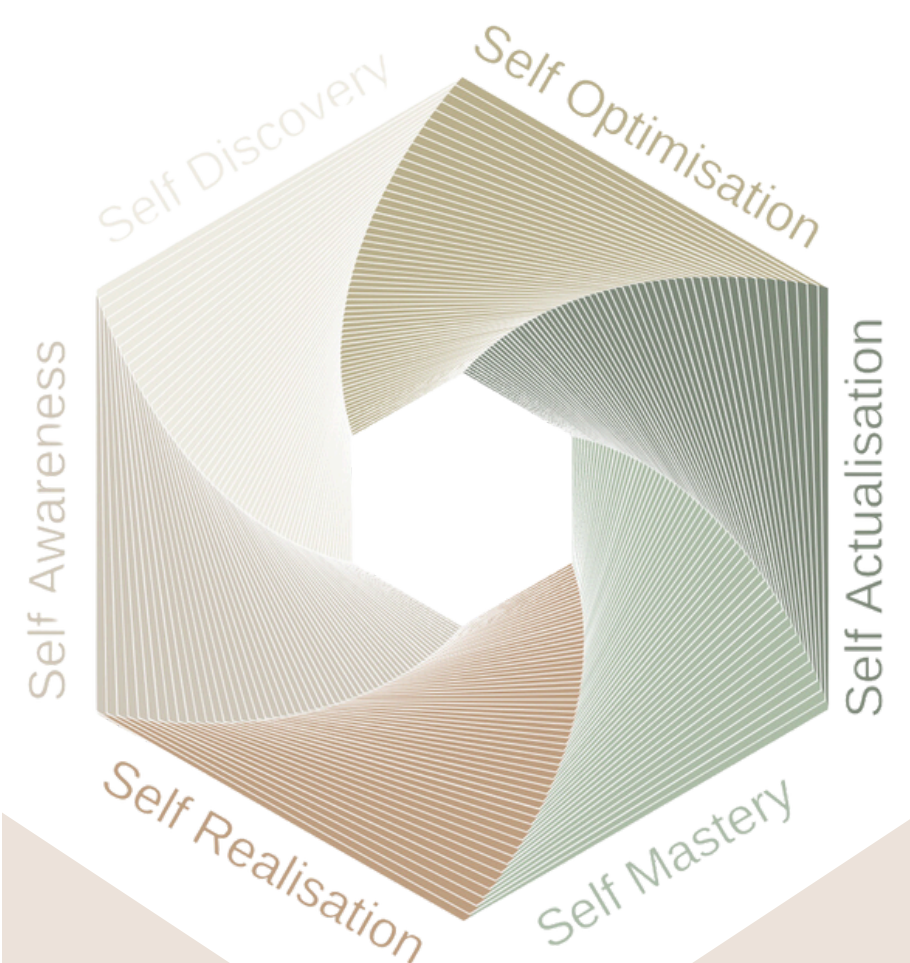


[WWW.LIMITLESSLIFEEDUCATION.COM](http://WWW.LIMITLESSLIFEEDUCATION.COM)

+61 403 103 220 [hello@LimitlessLifeEducation.com](mailto:hello@LimitlessLifeEducation.com)



CONNECT WITH US TO BOOK  
YOUR BE\_LIMITLESS WORKSHOP



LIMITLESS Life Education \_are proud  
partners with Act Belong Commit as we  
support the Mentally Healthy WA  
movement



You can find our WORKSHOPS & EVENTS aswell as other  
Mentally Healthy and Wellness focused events at  
[www.actbelongcommit.org.au](http://www.actbelongcommit.org.au)



SELF OPTIMISATION  
SELF ACTUALISATION  
SELF MASTERY  
SELF REALISATION  
SELF AWARENESS  
SELF DISCOVERY

OUR FRAMEWORK FOUNDATIONAL PRINCIPLES  
**The ART & SCIENCE OF SELF**

**Evidence Based**



**CONNECT  
BREATH**  
Body&Mind



**EMPOWER**  
SELF through  
Education, Enquiry  
& Exploration



**TRANSFORM  
YOU to**  
BE\_LIMITLESS



SELF OPTIMISATION  
SELF ACTUALISATION  
SELF MASTERY  
SELF REALISATION  
SELF AWARENESS  
SELF DISCOVERY

## OUR FRAMEWORK FOUNDATIONAL PRINCIPLES **The ART & SCIENCE OF SELF**

### **Evidence Based**

Our Educational & Explorational Workshops & Programs are based around our Limitless **FRAMEWORK** which provides a **PERSPECTIVE**, a **LENS** at which to **LIVE** in order to **CONSCIOUSLY** live **LIMITLESSLY**

### **The IMPACT of BREATHWORK**

The impact of both **FUNCTIONAL** Breath Mastery and **SOMATIC** Breath Therapy is wide and easily personally researched, i guess i always assume that it common to assume that our breath is the way we regulate our selves and cells primarily primorally \_

  
**CONNECT  
BREATH**  
Body&Mind

  
**EMPOWER**  
SELF through  
Education, Enquiry  
& Exploration

  
**TRANSFORM  
YOU to**  
BE\_LIMITLESS



SELF OPTIMISATION  
SELF ACTUALISATION  
SELF MASTERY  
SELF REALISATION  
SELF AWARENESS  
SELF DISCOVERY

## RE-ENGAGEMENT of Students

Our BE\_LIMITLESS Workshops & Programs focus on RE-ENGAGING students in learning has been substantiated by numerous scientific studies. For instance, a study in the Journal of Clinical Psychology (2018) demonstrated that an 8-week mindfulness and breathwork intervention significantly improved attention and focus in school-aged children, potentially leading to better academic outcomes. [Source ncbi.gov](#)

## ENHANCEMENT of Overall WELLNESS

The Positive EFFECTS of breathwork practices extend BEYOND the educational setting. Research published in the Journal of Evidence-Based Integrative Medicine (2019) showed that implementing a breathwork program in a high school setting significantly decreased students' self-reported feelings of STRESS and ANXIETY, contributing to overall WELL-BEING. [Source ncbi.gov](#)

## Addressing LIMITED Resources

At a time when resources for MENTAL HEALTH Support are LIMITED, the Breathwork program offers a scalable and ACCESSIBLE SOLUTION, supported by a systematic review published in Frontiers in Psychology (2019) which highlighted the positive impact of CONTROLLED & guided Breathing PRACTICES, a key element of breathwork, in improving Emotional REGULATION in Children and Adolescents. [Source frontiers.org](#)

  
**CONNECT  
BREATH**  
Body&Mind

  
**EMPOWER**  
SELF through  
Education, Enquiry  
& Exploration

  
**TRANSFORM  
YOU to**  
BE\_LIMITLESS



## ENHANCING Academic PERFORMANCE

Implementing breathwork practices directly impacts **ACADEMIC & creative PERFORMANCE**, as evidenced by a study in the *Journal of Pediatric Health Care* (2017) which found that a 4-week breathwork and mindfulness program significantly reduced test **ANXIETY** and improved test **SCORES** among middle school students. [Source ncbi.gov](https://www.ncbi.nlm.nih.gov)

### Proven BENIFITS

ABreathwork's effectiveness is **SCIENTIFICALLY Validated**. A study in the *Journal of Child and Family Studies* (2019) reported that a mindfulness-based program incorporating breathwork significantly decreased perceived **STRESS** and improved **PSCYOLOGICAL well-being** in adolescents. [Source ResearchGate.net](https://www.researchgate.net)

SELF **OPTIMISATION**  
SELF **ACTUALISATION**  
SELF **MASTERY**  
SELF **REALISATION**  
SELF **AWARENESS**  
SELF **DISCOVERY**

  
**CONNECT**  
**BREATH**  
Body&Mind

  
**EMPOWER**  
SELF through  
Education, Enquiry  
& Exploration

  
**TRANSFORM**  
**YOU to**  
BE\_LIMITLESS



SELF OPTIMISATION  
SELF ACTUALISATION  
SELF MASTERY  
SELF REALISATION  
SELF AWARENESS  
SELF DISCOVERY

The Framework starts with a series of  
**ACCEPTED Lessons or FOUNDATIONS.**  
Our **FOUNDATIONAL Pillars of DEVELOPMENT** are

## **PHYSICAL Capacity**

which includes our 10 Keys Pillars

**MUSCULAR STRENGTH:** Focus on progressive resistance training methods targeting major muscle groups, supported by periodization principles for optimal gains.

**DIAPHRAGMATIC STRENGTH:** Incorporate diaphragmatic breathing exercises to enhance respiratory function, promoting better oxygenation and stress reduction.

**LUNG VOLUME:** Explore cardiorespiratory training, including interval and endurance exercises, to improve lung capacity and overall cardiovascular health.

**MOBILITY & STABILITY:** Study joint mobility exercises and stability drills to enhance flexibility, reduce injury risk, and improve overall functional movement.

**ALIGNMENT & FLOW** Investigate biomechanics to understand optimal body alignment and movement patterns, emphasizing the importance of efficient movement flow and **LYMPHATIC Flow.**



**CONNECT  
BREATH**  
Body&Mind



**EMPOWER**  
SELF through  
Education, Enquiry  
& Exploration



**TRANSFORM  
YOU to**  
BE\_LIMITLESS



# PHYSICAL Capacity

which includes our 10 Keys Pillars

SELF OPTIMISATION  
SELF ACTUALISATION  
SELF MASTERY  
SELF REALISATION  
SELF AWARENESS  
SELF DISCOVERY

**FUNCTIONAL MOVEMENT PATTERNS:** Analyze and practice fundamental movement patterns essential for daily activities and sports performance.

**STRENGTH & CONDITIONING:** Delve into evidence-based strength and conditioning programs, incorporating principles like specificity, overload, and progression.

**SOMATICS:** Explore somatic practices such as Feldenkrais or Alexander Technique for heightened body awareness and improved movement quality.

**NUTRITION for PHYSICAL PERFORMANCE:** Understand the impact of nutrition on physical capacity, focusing on optimal fueling strategies for performance and recovery.

**RECOVERY STRATEGIES** Study effective recovery techniques, including sleep optimization, hydration, and soft tissue maintenance, to support overall physical well-being.



**CONNECT  
BREATH**  
Body&Mind



**EMPOWER**  
SELF through  
Education, Enquiry  
& Exploration



**TRANSFORM  
YOU to**  
BE\_LIMITLESS



# MENTAL Resilience

which includes our 10 Key Pillars

SELF OPTIMISATION  
SELF ACTUALISATION

SELF REALISATION  
SELF AWARENESS  
SELF DISCOVERY

**COGNITIVE BEHAVIOURAL THERAPY (CBT):** Learn and apply CBT techniques to address and reframe negative thought patterns, promoting resilience.

**MINDFULNESS MEDITATION** Explore mindfulness practices to enhance present-moment awareness and reduce stress, contributing to mental resilience.

**POSITIVE PSYCHOLOGY** Study principles of positive psychology to cultivate a positive mindset and foster psychological well-being.

**GOAL SETTING & PLANNING** Develop skills in setting realistic and achievable goals, along with effective planning strategies for success.

**STRESS MANAGEMENT TECHNIQUES** Understand and implement stress management techniques, including time management and relaxation methods.



**CONNECT  
BREATH**  
Body&Mind



**EMPOWER**  
SELF through  
Education, Enquiry  
& Exploration



**TRANSFORM  
YOU to**  
BE\_LIMITLESS



# MENTAL Resilience

which includes our 10 Key Pillars

SELF OPTIMISATION  
SELF ACTUALISATION  
SELF MASTERY  
SELF REALISATION  
SELF AWARENESS  
SELF DISCOVERY

**STRESS MANAGEMENT TECHNIQUES** Understand and implement stress management techniques, including time management and relaxation methods.

**ADAPTIVE THINKING STRATEGIES:** Explore cognitive restructuring and reframing techniques to develop adaptive thinking patterns.

**EMOTIONAL REGULATION SKILLS:** Learn and practice techniques for recognizing and regulating emotions in various situations.

**SELF\_COMPASSION PRACTICES:** Develop self-compassion through mindfulness and self-awareness, fostering emotional resilience.

**CONFLICT RESOLUTION SKILLS:** Acquire effective communication and conflict resolution skills to navigate challenges and build resilience in relationships.

**MINDSET TRAINING:** Embrace growth mindset principles, emphasizing the belief that abilities can be developed through dedication and hard work.



**CONNECT  
BREATH**  
Body&Mind



**EMPOWER**  
SELF through  
Education, Enquiry  
& Exploration



**TRANSFORM  
YOU to**  
BE\_LIMITLESS



# EMOTIONAL Intelligence

which includes our 10 Key Pillars

SELF OPTIMISATION  
SELF ACTUALISATION  
SELF MASTERY  
SELF REALISATION  
SELF AWARENESS  
SELF DISCOVERY

**SELF\_AWARENESS:** Develop an understanding of one's own emotions, strengths, weaknesses, and triggers.

**SELF\_MANAGEMENT:** Learn to regulate and manage personal emotions in various situations for improved decision-making.

**SOCIAL AWARENESS:** Enhance empathy and understanding of others' emotions, fostering stronger interpersonal connections.

**RELATIONSHIP MANAGEMENT:** Acquire skills for effective communication, conflict resolution, and collaboration in relationships.

**EMOTIONAL EXPRESSION:** Explore healthy ways of expressing emotions to facilitate open and authentic communication.



**CONNECT  
BREATH**  
Body&Mind



**EMPOWER**  
SELF through  
Education, Enquiry  
& Exploration



**TRANSFORM  
YOU to**  
BE\_LIMITLESS



# EMOTIONAL Intelligence

which includes our 10 Key Pillars

SELF OPTIMISATION  
SELF ACTUALISATION  
SELF MASTERY  
SELF REALISATION  
SELF AWARENESS  
SELF DISCOVERY

Evidence  
Based

**EMPATHY BUILDING:** Cultivate empathy through active listening and understanding diverse perspectives and experiences.

**CULTURAL COMPETENCE:** Develop an awareness and appreciation for cultural differences, enhancing emotional intelligence in diverse environments.

**NONVERBAL COMMUNICATION:** Study and refine nonverbal communication skills to better interpret and convey emotions.

**TEAM EMOTIONAL INTELLIGENCE:** Understand and apply emotional intelligence principles within group dynamics and teamwork.

**EMOTIONAL DECISION-MAKING:** Emotional Decision-Making: Learn to make decisions based on a balanced consideration of emotions and rational thinking, promoting effective problem-solving.

These comprehensive areas of study and development provide a structured approach for individuals looking to enhance their physical capacity, mental resilience, and emotional intelligence.

  
**CONNECT  
BREATH**  
Body&Mind

  
**EMPOWER**  
SELF through  
Education, Enquiry  
& Exploration

  
**TRANSFORM  
YOU to**  
BE\_LIMITLESS



# BE\_LIMITLESS

SELF OPTIMISATION  
SELF ACTUALISATION  
SELF MASTERY  
SELF REALISATION  
SELF AWARENESS  
SELF DISCOVERY

Our BE\_LIMITLESS Workshops; create space and unique opportunities for participants to experience a HOLISTIC BLEND of MODALITIES they may not usually get ACCESS to, to Optimise PHYSICAL, MENTAL and EMOTIONAL HEALTH with the intent to reduce STRESS, ANXIETY and DEPRESSION amongst young people, families and communities with an INCLUSIVE and COLLECTIVE approach.

Our WORKSHOP are unpinned by our Educational Framework of EDUCATION and Self ASCENSION from Self\_DISCOVERY to enhance Self\_AWARENESS to personal Self\_MASTERY in the pursuit of Self\_OPTIMISATION, health and HAPPINESS.

SESSIONS are designed to develop essential LIFE SKILLS through an INTERACTIVE & REFLECTIVE Practice that encourages Self\_EXPLORATION & Self\_ENQUIRY to firstly UNDERSTAND and then OPTIMISE how YOU experience LIFE.

These workshops are designed and personalised to meet the requirements of the organisation and individual needs, with a focus on EDUCATING and MENTORING individuals to unlock their potential, in order to enhance health and happiness of self; developing PHYSICAL Capacity, MENTAL Resilience and EMOTIONAL Robustness.

Therefore, we provide an INCLUSIVE and adaptable approach depending on the audience and focused attention on the day.

  
CONNECT  
BREATH  
Body&Mind

  
EMPOWER  
SELF through  
Education, Enquiry  
& Exploration

  
TRANSFORM  
YOU to  
BE\_LIMITLESS

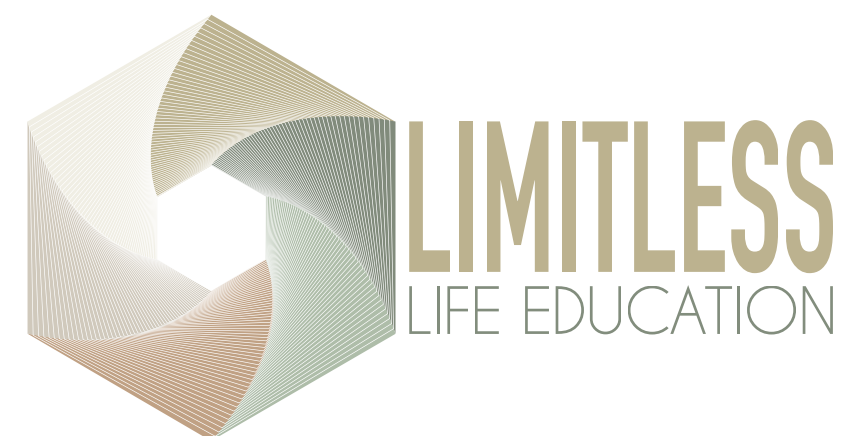


# The LIMITLESS Team

Improving PHYSICAL Capacity,  
MENTAL Resilience and EMOTIONAL Robustness in  
TEENAGERS, Young ADULTS & FAMILIES

LIMITLESS is Owned and operated by PHIL and wife, HELEN  
We are PASSIONATE specialist Teachers, Educators & Facilitators  
with over 30 years combined experience working within Special Needs  
and, Physical and Mental Health and Education in Schools,  
the military & business

Our Team of LIMITLESS FACILITATORS  
provide LIMITLESS LIFE EDUCATION



## PHIL DANIEL WEBSTER

Founder and LEAD EDUCATOR

is a qualified educator with over 20 years teaching experience working across secondary and tertiary education; in Secondary Schools in the UK and Australia as a Health & Physical Education Teacher, and in the Military with 7 years service as a Physical Education & Training Officer responsible for Pre and Post Deployment Training specialising in Physical, Emotional and Mental Health specifically self development, trauma and Decompression Training.



Qualifications include;

- Certificate IV in Training and Assessment
- Level 5 Diploma in Leadership and Management
- Post Graduate Certificate in Education
- BSc (hons) Physical Education & Sports Science
- Full Teacher Registration Board of WA Registration
- WWCC

- Somatic Breathwork Therapy Facilitator
- Trauma Informed Practitioner
- TRiM (Trauma Risk Management) Trained
- Conflict Management Trained
- Life Coaching
- Mobile Team Challenge Facilitator (MTC - Appreciative Enquiry)
- Force Development Facilitator (Strength Deployment Inventory (SDI), Belbins, Myers Briggs)
- Neuro-Linguistic Programming Training (NLP)
- Outdoor Education & Adventurous Training Specialist in
- UK Royal Air Force

Further to PHIL'S learnt experience in the military and secondary education working in physical and mental health-related work. He has lived experience with PTSD which provides a unique level of awareness and appreciation of mental health that provides essential lessons and strategies employed when coaching and mentoring his participants.