

Benefits

- ♥ Move from body shame to body love
- ♥ Develop trust in your body's signals and wisdom
- ♥ Cultivate self-compassion and self-care
- ♥ Feel more connected and at ease in your body
- ♥ Enjoy food without feeling deprived
- ♥ Enjoy moving your body with flow and joy
- ♥ Love yourself more fully

“Through Louise’s sessions, I’ve learnt so much about myself and my relationship to my body.

I’ve been able to find peace with how I look, to listen and trust the signals my body is giving me, as well as healthier ways to express my emotions (rather than bottling them up). Louise’s obvious breadth of knowledge and her gentle approach has given me the confidence to finally let go of old ‘stories’ that no longer serve me.”

Gail Pascoe, Melbourne

About Louise

You’re in good hands with Louise Wigg.



Louise believes passionately that when it comes to health, you’ll get more gain if there’s no pain! And that fit and healthy people really do come in all shapes and sizes.

After experiencing poor body image in her teens through to her early 30s, Louise developed a personal interest in body image and eating disorders. This led her to pursue her Master’s degree in Women’s Studies with her thesis on *‘The development of body image in children and adolescents’*. As the mother of two daughters, Louise also brings a parent’s perspective to her work.

Louise is passionate about creating change within our community, as a member of several advisory groups including the Ministerial Reference Group for the Victorian Parliamentary Inquiry into Body Image in 2003–2004. Louise was the Project Consultant for the *Fad Diets Won’t Work* Community Conversations Project (2006). She is now the Project Leader of the Upper Yarra Body Image Working Group.

Louise has more than 20 years of experience presenting training, seminars, workshops and writing articles. She is currently writing her first book about creating environments that support body esteem.

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The Body of Love Program

A personalised program for building positive body image and self care through trusting and loving your body



Louise Wigg (B.Ed, MA)
THRIVE WELLBEING COACH

How do you feel about your body?

Would you like to love your body and yourself more?

Would you like to feel freedom around food?

Would you like to look in the mirror and honour what you see?

Would you like to experience the fun of moving your body without the pushing and pain?

Would you like to feel motivated to look after your body with compassion rather than punishment?

Would you like to feel alive, vital and energetic?

We live in a culture that sells weight loss and the achievement of the 'perfect' body as the pathway to all happiness and health!

But we do not need to be swept into this myth.

We can learn to listen to our body and care for it as a parent would care for their child.

Consider a different approach.

Can you imagine a community where body diversity is celebrated and individuals feel supported to make health-enhancing choices through connection with ourselves and others, compassion and positive body image?

I call this a **Body of Wellbeing**.

What is Body of Love?

Body of Love is an exciting ten week program designed to help you to love the body you're in.

How the Body of Love Program can change your life

The way we feel about our bodies impacts many aspects of our health and wellbeing.

Our bodies talk to us all the time! They tell us when we're hungry, what and how to eat, ways we'd like to move and how we feel about life. Feeling unhappy with our body can lead to disconnecting from our body and we can stop trusting these signals, including appetite, feelings and we lose joyful ways of moving.

The Body of Love Program is designed to bring you home to self love and compassion, allowing you to hear and trust your body's wisdom.

The Body of Love Program is based on...

Bringing together current empirical research, Mindfulness, Positive Psychology, Somatic (body) Awareness and Breathwork. The Body of Love Program springs from a combination of over 20 years of work and research in promoting positive body image.



The Body of Love Program

The Body of Love Program is a personalised 10-week program that will bring gratitude for, trust in and connection with your body and yourself.

There are 7 stages to the Body of Love Program:

1. Body of Acceptance

We begin by acknowledging where you are right now, embracing a deeper appreciation for yourself and your body's story.

2. Body of Esteem

Then we focus on buying out of the Body Beautiful culture and feel liberated!

3. Body of Presence

Leading us to explore the sensations and feelings in your body, learning to listen and trust your body's wisdom.

4. Body of Trust

This brings us to trusting your appetite, a new language and freedom around food.

5. Body of Bliss

We then add listening to your active body to discover comfortable ways to move with flow not punishment, restoring energy and vitality.

6. Body of Care

Moving to consolidating where you are now by taking a breath and discovering the wonders of being enough exactly as you are!

7. Body of Action

The final step is to explore meaningful actions to maintain long-term health and self care.