

New Season Starting: April 9th  
Duration: 12 Weeks

“Wildflower is a wellness program that does not focus on weight, body tracking, or food tracking. Instead, the program provides you with the gentle care and guidance of a counselor to help you gain a better relationship with food and your body.”

## Program Structure:

*“To create true life change we must grow deep roots, followed by loving, tending, and patience.”*

### **Our Four-Stage Growth Process: Sow, Sprout, Tend, Bloom**

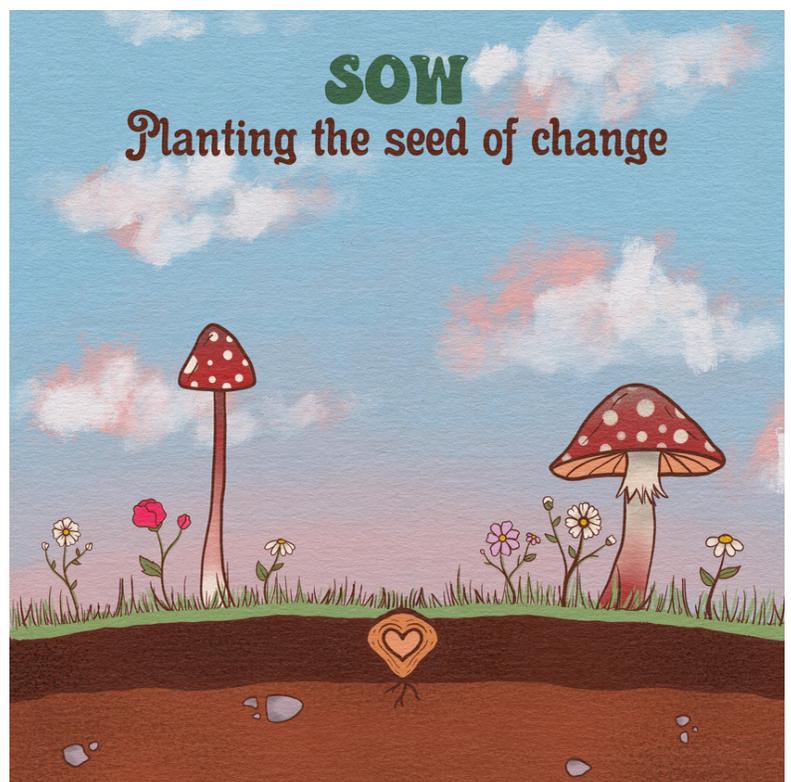
During '**Sow**' students spend time learning about their behaviors and observing why they do what they do in terms of their eating behavior and overall self-perception.

✦ This necessary aspect of self-reflection and experiencing non-judgemental awareness is a catalyst for sustained behavioral change.

We often jump to the 'action' part of wanting to change, and our lifestyle patterns feel worn out or short-lived.. Requiring us to go back again to what feels like the start.

#### **It's time to think about:**

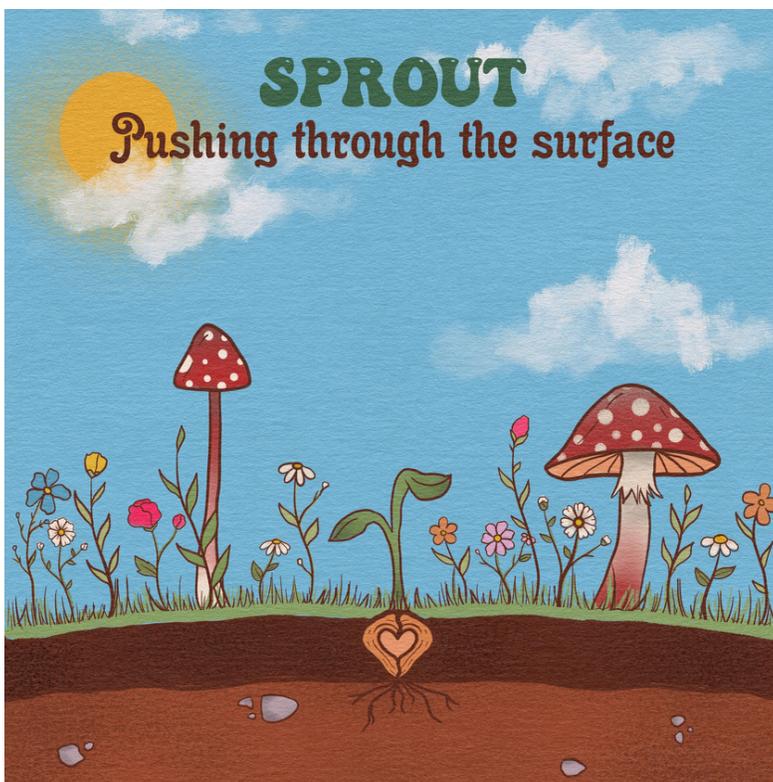
What exactly does planting the seed of change mean to me?



Have I taken the appropriate amount of time to sit nonjudgmentally with my disharmony and understand what is happening for it to be there?

### **Key Lessons & Tools:**

- Explore the concept of normal eating and body image
- Cultivating non-judgmental awareness that creates change
- Addressing your dieting ego
- Understanding how to be a flexible eater
- Looking at fatphobia and diet culture in society



The focus in Stage 2 of the program is to push up and out from our past selves and use what we have learned to welcome forth new growth. The growth that is in alignment with our true wants, needs, and desires.

✦ During **Sprout** you will begin a Self-Monitoring

practice where we can truly begin to understand the nature of your eating behaviour.

Here we push through the paradigms that once held us hostage in those dieting and body image reactive loops and relinquish the self-beliefs that we identified and worked with in Sow.

Through Sprout, we enter the determination & and action phase of the program - where growth is visible.

## It's time to think about:

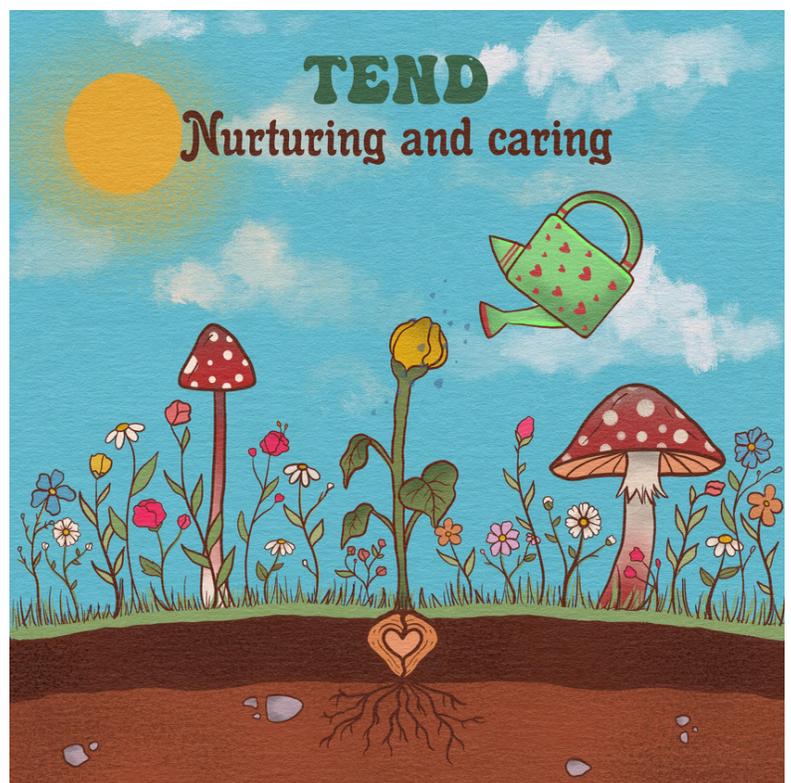
What do I need to move forward?

What from my past am I growing out from that I no longer need to carry?

## Key Lessons & Tools:

- Understanding Emotional Eating
- Influences on Emotional Eating
- Self Regulation
- How to manage the feeling of 'wanting to lose weight'
- Discovering HAES
- Begin self-monitoring practices to understand eating behavior

Just like taking care of a garden, during **Tend** we start to add, nurture, and care for ourselves. This stage of the program is densely full of new information, practices and adding a personalistic approach to your health. We discover the key to sustainable health and nourishment with nutrition workshops and learning about self-trust.



✦ This exciting time in the program is when students start to put into practice their learnings and begin intervening with eating patterns. It's a time for understanding what gets in the way of consistent healthy eating patterns and feeling momentum in moving forward.

## It's time to think about:

How do I want to live my life?

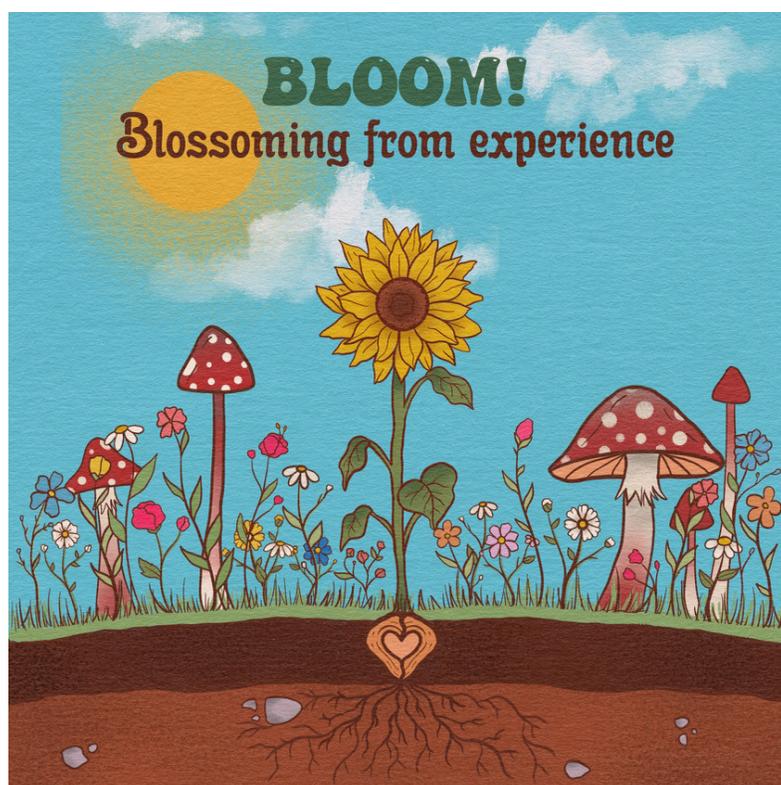
What makes me happy and what hobbies do I like? what is my purpose or passions?

What gets in the way of me taking care of myself?

How can I prioritize myself?

## Key Lessons & Tools:

- Add, nurture, and care for yourself.
- Cultivating self-trust
- Educational Workshop from HAES Nutritionist Matilda Bartley



The final stage of the program sees you flower into your and bloom into feeling peaceful and consistent with your normal eating patterns. Gathering all of your lessons from the program and using them in real-time in your day-to-day life. During Bloom, you will bask in the colorful

landscape you have sown throughout the 10-week journey.

✱ **Bloom** is a time for you to ease yourself into a routine and practice tolerance and resilience as your new beliefs are tested. Practicing living a happy healthy life with food and our bodies without the forcefulness of a diet brain mentality and learning how to adapt to the twists and turns of life.

## It's time to think about:

After the program what do I need to do to continue to take care of my health?

Do I know how to be resilient & and compassionate with myself through emotionally trying times? What kind of difference can I make in my community with my ideas and gifts? What makes me feel grounded, centered, and purposeful?

- How to maintain the program through understanding emotional ebbing & and flowing
- Gather lessons from the program and harvest growth.
- Ease into a routine, nurturing yourself consistently.
- Live a sustainable, healthy lifestyle without a diet mentality.
- Ending all-or-nothing cycles and not being 'reactive'

*“Embark on a life-changing journey with our Wildflower program—a unique opportunity to empower yourself with the essential tools needed to conquer eating and body image challenges. Dive into our thoughtfully designed experience, blending group support sessions and personalized 1:1 counseling. Master specialized techniques to triumph over food obstacles and blossom into your best self.”*

## What's Included?

### **Intensive Structured Support:**

Our most hands-on service combining all the benefits of 1:1 Counselling Calls with Olivia and group Support Sessions in one program.

- 1-hour initial induction call with Counsellor Olivia
- Regular Group Support Sessions
- 10 Weeks of our Video Workshop Course with Actionable Tools
- Consistent In-App Group & Community Support
- Specific help for Binge and Emotional Eating
- 1:1 Counselling Sessions with a Non-diet Eating Counsellor
- Weekly Check-ins
- Access to bonus group sessions

## What to expect:

Live Interactive Workshops and Cognitive Behavioural Activities

**LESSON FOUR**  
Uncovering Emotional Eating Part 1

Video

**Wildflower Nutrition Workshop**  
Recommendations and tips to improve nutrition

Matilda the Nutritionist

00:00

Join Matilda, our esteemed nutrition expert, in an enlightening workshop designed to empower you with the knowledge and tools to make

Olivia Maree Crisara  
Community Gardener • 5 hr ago

**Week #7 Podcast: What to do with the feelings of wanting to lose weight**

Lesson #7.mp3  
00:00 / 19:14

Olivia! This lesson was fantastic. I've watched it 3 times. So much value and great facts in there. HAES really isn't talked about enough. I didn't know many of these facts, even as a health professional who specialises in cardiac ICU. Seeing this from a personal

## Frequently Asked Questions (FAQ)

### **Q: Who is this program for?**

A: This program is for individuals struggling with meal plans, body weight fluctuations, past eating disorders, or food-related problems like binge and emotional eating.

Those who have been up and down with their body weight and are stuck in the 'all or nothing' approach.

### **Q: Do I get exercise help?**

A: No, But Olivia is a fully qualified Personal Trainer and you will get access to her Non-diet personal training support groups.

### **Q: What kind of support do I receive?**

A: Weekly check-ins, daily support chats with Olivia, Food Psychology Tools and workshops, self-loving community movement goals, and fortnightly group psychotherapy sessions.

### **Q: Will I receive a calorie meal plan?**

A: No. Olivia focuses on providing Eating Psychology Tools and weekly food goals to overcome binge or emotional eating. Guidelines include daily eating structure and weekly behavior targets.

### **Q: What does Olivia specialize in?**

A: Olivia is a Food Psychology Therapist with expertise in Cognitive Behavioral Therapy for body image, self-worth, weight management, overeating, emotional eating, and stress eating.

## Positive Changes Expected from Wildflower

In the Wildflower program, anticipate positive changes, including improved relationship with food, enhanced body image, breaking free from dieting cycles, empowerment in eating, emotional eating awareness, stress management, self-love and acceptance, increased energy and vitality, focus on personal growth, and being part of a supportive community.

## Why Join Wildflower?

The Wildflower program is a tailored support system for individuals seeking to overcome food-related issues while enhancing their body image and mental well-being. It's designed to assist those who've faced challenges with previous weight loss attempts, guiding them toward healthier relationships with food. The program offers Eating Psychology Tools and weekly counseling goals to address emotional eating concerns. Olivia, a Food Counsellor, provides personalized support to improve body image and self-worth and address overeating, emotional eating, and other distressing eating behavior concerns. Clients following Olivia's approach have reported increased control over food habits, improved body image, higher energy levels for nourishing food and enjoyable exercise, and a heightened focus on personal interests.

## Client Testimonials

Clients who completed the program experienced:

- Improved body image.
- Overcoming self-sabotaging eating behaviors.
- Realizations about the origins of eating issues.
- Improved daily life and self-awareness.
- Positive impact on daily choices.



# What to expect:

Words from our Members

Hi Olivia,

I just wanted to say a massive thank you for creating this program. I cannot even put into words how transformative this has been for me. 3 months ago I was depressed, burnt out, and just generally feeling sad and stuck in life. I lacked direction and purpose as well as being completely consumed by my bad relationship with food and poor body image. Working with you gave me the courage to want more, demand more than what I thought I deserved in this life.



Thank you for creating this program. I cannot tell you how much value I have gained from it already. I feel like I have my life back.

Thanks so much Olivia ❤️ some excellent tools and advice for our 1:1 session and I very much look forward to making some more progress. I left our session feeling much lighter and with some direction for the next 4 weeks.

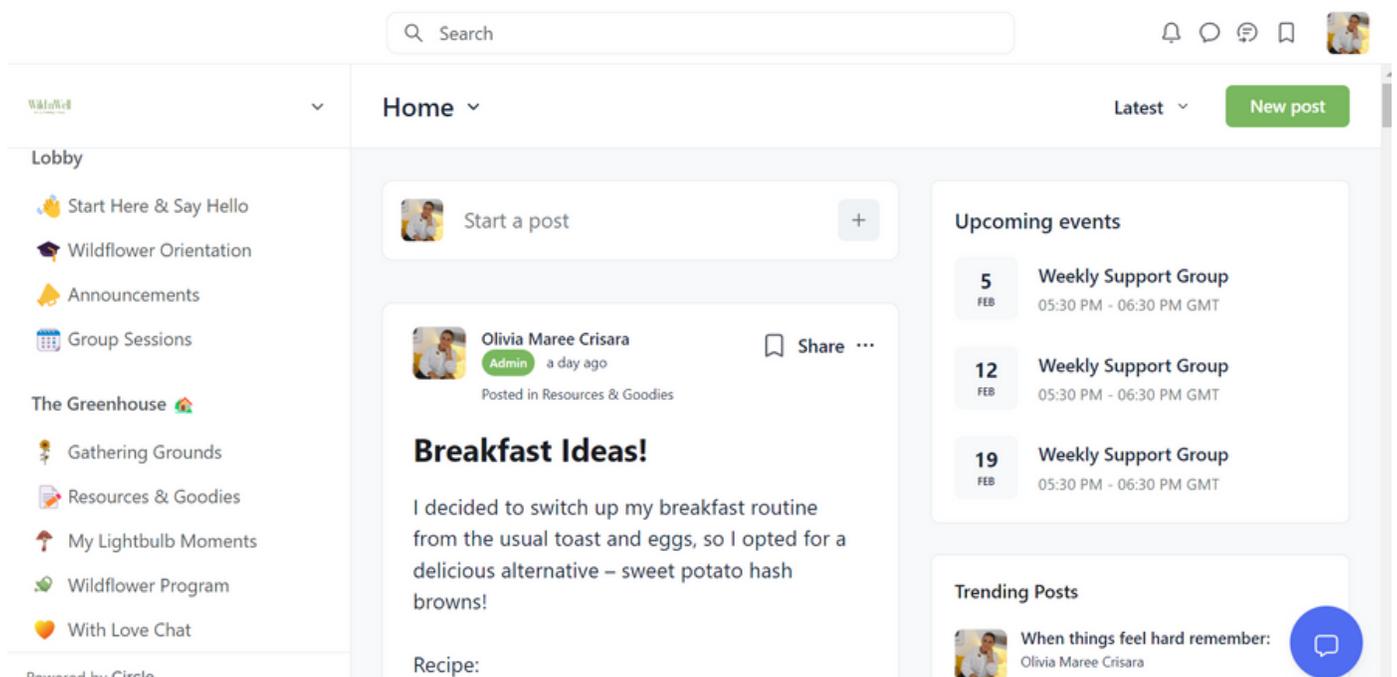
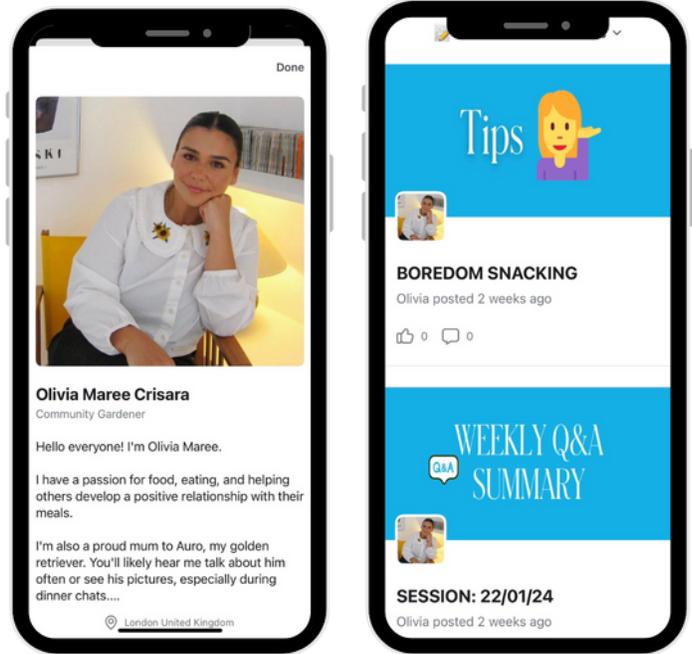


FREEING. I haven't had a binge and I eat 3 big good meals everyday so that I am full and satisfied. And I'm enjoying meals, what ever the meal is!!

Thank you Olivia for that ❤️

# Interactive Social Media APP - CIRCLE

One app and place for all your lessons, check-ins community, and group sessions! (Our Safe Social Media)



*"It's time to start spending your precious time, energy, and money focusing on the things that are important to you and fill you with joy and purpose, instead of obsessing about other people's thoughts, bodies, and food.."*

**TO ENROLL FILL OUT THE FORM ON OUR WEBSITE!  
UNDER 'GET STARTED'**