

A GUIDE TO

WELLBEING LEVERS



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WELCOME

Hi, I'm Claudia Dumond.

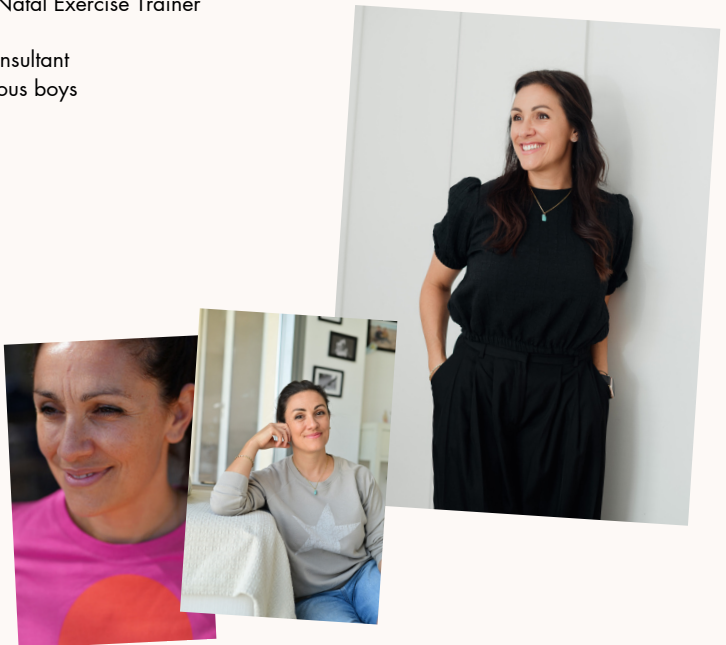
I'm Claudia, Founder of Minimondo and the creator of our Edited Wellbeing Programs. I set up Minimondo to document my own personal journey to wellbeing and it soon became a passion. Through my journey I realised that everything in life is a choice - How I wake up every morning and decide to tackle the day ahead is all down to my mindset and my actions, which all comes down to me!

Over 20 years experience!

- *IIN qualified health coach
- *Level 3 Personal Trainer
- *Level 3 Pre & Post Natal Exercise Trainer
- *Gym Instructor
- *Design Thinking consultant
- *Mum of two gorgeous boys

Because of my own journey I wanted to support and inspire others on their journey to wellbeing. I've always loved motivating others to be their best, as a Personal Trainer of 15 years, a Managing Director in multiple Advertising Agencies and most importantly as a mum.

I know what it takes to make the changes necessary to truly nurture my world, now let's have some fun and let us empower you to nurture yours.



INTRODUCTION

What is a wellbeing lever?

Wellbeing isn't just a singular destination.

Wellbeing is a journey that encompasses the profound connection between your mind, body, and soul. And within these we hold within our grasp six powerful levers that can transform our lives in profound ways. These are not just abstract concepts but tangible tools, each designed to add vibrancy, fulfillment, and positivity to our journey to wellbeing.

MIND LEVERS

This is your mental realm, a space where thoughts, emotions, and self-awareness take center stage. To nurture your mind, we delve into levers like **Pause** and **Expand**, which promote mindfulness, self-discovery, and personal growth.

BODY LEVERS

Your physical vessel, the home to your vitality and energy. We focus on levers like **Food** and **Move**, which emphasize mindful nutrition and joyful movement. A nourished body is primed for an active, happy life.

SOUL LEVERS

The wellspring of your inner spirit, where connections and environments intertwine. Here, we explore the **Connect** and **Space** levers, encouraging soulful connections with yourself and others and the nurturing of inspiring spaces for your growth.

01



**M I N D
L E V E R S**

01

CHAPTER 1

Mind Levers.

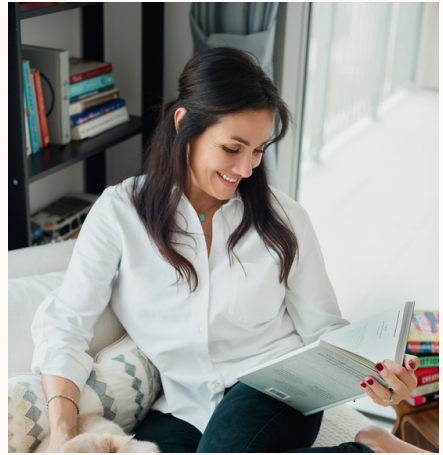
Within the realm of our minds lie two invaluable levers that can help us transform, guiding us towards greater wellbeing.

PAUSE

It's the art of taking a conscious breath and living in the present moment. When you pause, you immerse yourself in the beauty of now, allowing life to unfold naturally. Find ways to bring your mind back to the present and to slow down and be more mindful. *Includes: being present & slowing down, practising mindfulness*

EXPAND

When you embrace the expand lever, you're on a journey of learning, exploration, and pushing beyond your comfort zone. Your potential is limitless, and expansion propels you towards uncovering the best version of yourself. Creativity and curiosity supports continuous growth and enables you to tap back into your spark. *Includes: Continuous learning, finance, career, hobbies, expression...*



02



B O D Y
L E V E R S

02

CHAPTER 2

Body Levers.

Your body is the vessel that carries you through life's adventures.

MOVE

Exercise is about more than just aesthetics. It's a celebration of what your body can do. Delve into the art of joyful movement—activities that make you feel vibrant and alive, connecting your physical and emotional wellness.

Includes: Being active, joyful exercise, rest & sleep...

FOOD

Nutrition isn't just about fuel; it's about nourishment. Explore the profound impact of mindful eating, savouring the delicious connection between what you consume and how it influences your vitality. *Includes: Type of food, amount of water & home cooking...*



03



S O U L
L E V E R S

03

CHAPTER 3

Soul Levers.

Our soul is the essence of who we are, and it yearns for nurturing and expression.

SPACE

The environments we create can deeply affect our well-being. Embark on a journey to cultivate inspirational spaces, both inner and outer, that foster growth, creativity, and peace. *Includes: Space Design (home/office), being in nature and bringing nature inside...*

CONNECT

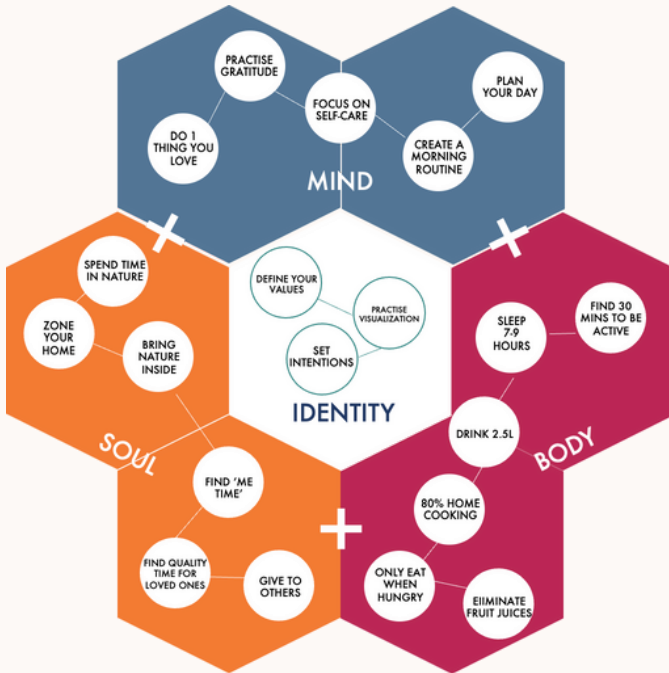
Life is all about relationships, starting with the one you have with yourself. Uncover the power of self-compassion, self-awareness, and forming connections with others to uplift your spirit. *Includes: joy and deep connection with oneself & others and finding opportunities for giving...*



CONCLUSION

Where can you start?

We all have these tools at our disposal, any time, any day. Which Mini Edits could you start to introduce into your day?





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CONTENT

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