



Revitalisation Program

For Women Leaders

DR KELLIE ROSE

RESTORING WOMEN'S HEALTH THROUGH BODY SCIENCE



The Challenge For Executive Women

Juggling the competing demands of career, family, relationships and health can be exhausting and overwhelming for many executive women.

More than ever, there is an increasing expectation and pressure for women to do more and achieve more with less resources, whilst balancing the competing demands of work and life.

Unless we manage this situation effectively, you may find yourself experiencing the impacts on your performance, career, personal life, finances, energy, and health, including chronic stress, burnout, and hormonal disruptions.

But what if we could prevent the spiral to burnout, and support you to thrive?

The Transformation

In the times that you find your health rapidly declining, your desire is to move from feeling:

1. exhausted and depleted to recovered and energised
2. chronically stressed to harnessing stress to drive performance
3. overwhelmed to confidently self-managing your health
4. chaos and confusion to clarity and confidence over the next steps
5. isolated and alone to supported and accountable for your health

Program Outcomes

Through the personalized coaching process, you can expect to learn how to:

- **regain and retain control** over your health using body science strategies
- **rewire habits** and mindsets to create a state of optimal daily functioning
- **harness and use stress positively** to drive performance and avoid the burnout cycle
- **self-manage** your health by making more informed choices
- **increase self-awareness** around your lifestyle, health and performance interactions

“Think of this as a personal development program equipping you with the skills of health to support your personal and professional performance longevity.”

The Risk of Poor Health

When you are in poor health and burning out, you risk:

- reduced productivity (reported by 73% of burnt-out staff)
- reduced quality of work (reported by 56% of burnt-out staff)
- 63% increased likelihood of taking a sick day
- 23% increased likelihood of leaving your current employer

The ripple effect can also result in major disruption to your team's productivity and performance, engagement and culture.

How can we support you to prevent burnout and achieve your performance potential?

The Opportunity

The purpose of the program is to:

- enable you as a highly-skilled executive woman with deep knowledge and experience to **drive results**
- help you reach the executive and board level for greater representation and **equal opportunity**
- create engaged, healthy and **thriving female leaders** as agents of change
- provide **support and accountability** for you to preserve your health and avoid the personal and economic cost of burnout
- empower you to reach your **performance potential** healthily and sustainably

The Solution

The Burnout Recovery Playbook

I've developed a **personalised, evidence-based playbook** to help you recover from burnout and return to high-performance.

It's not just theory. This program is a fusion of **science, proven strategies, and personal lived experience** that has helped top-performing women move from burnout to a **state of energy and vitality**.

This **program has worked** for senior women from many different industries including financial, legal, and mining & resources.

The Process

Assessment: understand your current state of health to guide the recovery & revitalization process

Plan: clarify the direction, opportunities for improvement, and targeted actions

Implement: a clear, science-based roadmap from burnout to high-performance using body science strategies

System and Structure: rewiring and embedding new habits into daily routines to support optimal functioning

Toolkit: equip you with the practical tools and strategies from elite sport to move from survival to sustainable high-performance

Accountability and Support: personalised guidance to stay focused and on-track

Program Overview

The 12-Month Revitalisation Program:

1. Welcome pack (goodie box incl. WHOOP™ device & 12-month license)
2. Onboarding and Health Discovery session
3. Personalised roadmap & intervention strategy
4. Fortnightly 1:1 coaching (24 sessions)
5. Health Re-Assessment session (incl. individual report)
6. 3-month follow-up consultation
7. Eligibility to join the exclusive #DKR Alumni Membership

Provided throughout:

1. Unlimited access to Dr Kellie
2. Data insights using the WHOOP™ biometric device
3. Access to digital tools and resources library

** See Appendix for full program details.*

Is This For You?

I work with executive women who are:

- **on the brink** of, or currently experiencing burnout
- **all-in** on the process to restore their health and return to high-performance
- **committed** to making behaviour and lifestyle changes
- **ready to create** sustainable high-performance in business and life
- **willing to ask for support** to leverage and make improvements in live situations
- **open** to receiving guidance and accountability

About Me – Your Coach

Hi, I'm Dr Kellie Rose,

I'm a performance scientist, executive women's health coach and speaker.

My goal is to help women on the brink of burnout restore their health and return to high-performance.

I have worked with Olympic athletes internationally, and I now bring the tools and strategies from elite sport to you - the corporate athlete of the business world.

I'm passionate about supporting women to improve their health so they can achieve their performance potential – in business and life.

Some of my favourite things are coffee, running, great restaurants, my creative partner, and travelling to all corners of the globe.

My qualifications include a Doctor of Philosophy (Exercise Science), Bachelor of Applied Science (Exercise Science), and Mental Health First Aid.





Say hi, and connect with me here:

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APPENDIX: Program Details

1. Onboarding and Health Discovery Session (ca. 90 min)

- Introduction & context-setting
- Health assessments
 - Adult Pre-exercise Screening System
 - Maslach Burnout Inventory
 - Areas of Work Life Survey
 - Menopause Symptom Score (optional)
 - 7-day WHOOP™ biometric baseline
- Personal Health Map
- Health goals and desired outcomes
- Performance Lifestyle Framework
- Accountability & Support

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2. Personalised Roadmap & Intervention Strategy

Developed by Dr Kellie based on the 3 pillars:

- Body
 - Restoring physical health through sleep, exercise, energy, recovery, stress mitigation strategies
- Hormones
 - Addressing stress and reproductive hormone imbalances through health and lifestyle strategies
- Mind
 - Unpacking and rewiring the unsupportive health habits and behaviours
 - Improving self-awareness to guide behaviour change
 - Improving cognitive function & performance

APPENDIX: Program Details

3. Fortnightly 1:1 Coaching Sessions (60 min)

- Personal check-in and insights since last session
- WHOOP™ data review and trends
- What worked? What were the challenges?
- Future actions and tactical strategies
- Accountability and support structures

4. Health Re-Assessment (90 min)

- Health re-assessments
 - Maslach Burnout Inventory
 - Areas of Work Life Survey
 - Menopause Symptom Score (optional)
 - 7-day WHOOP™ data
- Personal Health Map
- Goal review
- Reflections, insights and learnings
- Future directions
- Includes individual report