

## ABOUT THE TWP

**Purpose of the TW programme:** To share foundational principles to assist participants to skillfully navigate the ME/CFS/FM journey and create an individual wellness plan that empowers them towards wellness.

### **Our intention and how we do it**

The TW program provides relevant education and long-term support, in line with what contemporary research indicates as being the most effective intervention for complex chronic illness sufferers. It is regarded as an additional, yet vital support over and above collaboration with the medical profession.

The intention of this programme is to deliver relevant information so participants can put together a comprehensive wellness plan that draws from different frameworks/modalities/interventions/models at different times throughout their wellness journey. No two wellness plans will look the same because the expression of these illnesses is different for everyone. Moreover, the fluctuating nature of these illnesses requires flexibility in our wellness plans over time as we need different things at different times. So to some extent participants are empowered to become their own practitioner, working with what is appropriate and right for them at any given point of their journey.

### **Towards Wellness Waka – Getting participants on board ☺**

#### **TWP Waka**

We can regard ourselves as being in a shared Waka, taking a journey together towards wellness. Like the Māori making the arduous journey from Hawaiikini to Aotearoa, we will also be taking a journey together. Without the strength from and connection with each other, it will be difficult to gain momentum, yet we need to paddle individually as we begin to make sense of our own personal wellness path. There is a collective wisdom in our Waka and even though we, as the facilitators, are the co-pilots sitting at the front and back of our Waka, navigating and guiding, we will be passing our paddles to you from time to time to lead. When you feel compelled to share, please do so. Your contribution will likely be the 'gold nugget' for the person sitting across from you.

### **Reassurance:**

- This is not a standard programme where you are expected to sit, listen and take notes – we instead expect you to **listen to your body** and do what's right for you during our time together. Only you know how you feel in your body. If you feel overwhelmed, feel free to close your eyes and focus on your breathing. If you feel confined and need fresh air, please take yourself outside. If you need to lie down, flag down a facilitator and we will organize a mattress.

**Key message:** You are allowed to be You, with no pretense (because pretense requires our precious energy!).

**Printable worksheets and handouts** will be provided for all topics delivered in this program, including your glance sheet which will begin to form your wellness plan.

Have a notebook handy to jot notes down as you go, some videos might ask you to pause the video to think about a question and write down thoughts. This is an interactive program and doing these activities will enhance your experience of the program and learning. You can refer back to these as you move through the program

### **Togetherness**

- **Support** available between modules where you can ask questions, and complementary information will be provided.

Use your glance sheet – printout