



LIVING WITH ENDO

Everyone needs a little help now and then. Current data suggests that 1 in 10 women around the world suffer with endometriosis (endo), yet most women suffer alone.

It doesn't have to be this way.

Our program, **Living With Endo** will help you to form a clear, realistic and manageable plan for feeling more in control and improving the quality of your life with endo.

Offered 100% online, **Living With Endo** will also help you to meet and talk with other women from all over the world who are experiencing the same challenges, fears and anxieties as you are. It's time to find solutions.

An innovative, holistic and supportive Program for women with endometriosis.



LIVING WELL SERVICES
INNOVATIVE PSYCHOLOGY PRACTICE

YOU ARE NOT ALONE...

Although many women who experience endometriosis feel alone and isolated, the truth is that 10% of all women are affected at some stage in their lives, with the disease often starting when women are in their teens.

176 million

The number of women who suffer from endo world wide

FERTILITY RISK

30% to 50% of all women with endo may experience infertility

SILENT

The number of women with endo is similar to the number of women with diabetes, but there is no similar profile or awareness

7 YEARS

The average delay in diagnosis – with many women being undiagnosed for longer than 7 years





Living With Endo

A new and innovative Program for women of all ages seeking guidance and support in living a more balanced and fulfilled life with endometriosis.

Reduce Your Isolation

You are not alone, but many women living with endo feel great isolation. It doesn't have to be this way.

Gain Information & Support

Do you find the information on endo overwhelming and confusing? We will help you to break it down into manageable steps so you feel empowered in managing your treatment and strategies.

Develop a Plan for Managing Pain & Symptoms

It doesn't matter if you are a teenager, are trying to start a family or are experiencing menopause, endo affects your life significantly. We will help you to develop a plan to manage and cope with endo during your current stage of life and experience.

YOU CAN IMPROVE THE QUALITY OF YOUR LIFE WITH ENDO

It is possible to 'Live Well with Endo', but it requires a holistic approach. We aim to help you to heal the relationship you have with your body and to develop a healthier and more positive approach to living with endometriosis.

PROGRAM OVERVIEW

Living With Endo is a 16-week Group Program that is offered 100% online. It is available to women anywhere in the world.

Each fortnight we will host an E-Workshop on a Key Topic which will be recorded so you can watch it at your convenience. We will also host a fortnightly Live Q&A Session where we will focus on answering your questions and providing individual support. Please note: we do not provide medical advice or discuss specific medical treatment options.

The Program is run in a closed (private) online community so you can also share experiences and receive 'real time' support when you need it. At the end of the Program you are welcome to join our new 'Living Well with Endo' Community so the support and connectivity can continue.



IT IS POSSIBLE TO FEEL BETTER!

Being able to share experiences, gain information and support and develop a plan is vital to improving quality of life for women with endo.



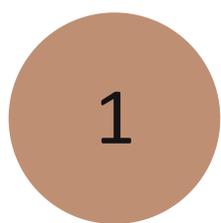
ONLINE, FLEXIBLE & PRIVATE

The Program is 100% online so it is available from the comfort of your home or office, when you need it and are able to participate.

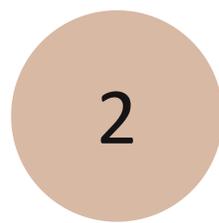


LET'S GET SPECIFIC...

Each fortnight we will host an online E-Workshop which will focus on the following Key Topics.:



Understanding Endo
Misconceptions & facts



Endo and Self-Identity
Moving beyond Endo



Managing Pain & Fatigue
Practical solutions



Fertility and Relationships
Guilt, fear and anxiety



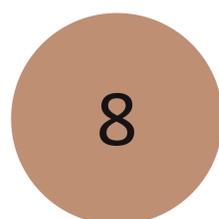
Endo in the Workplace
Ambition and capacity



Diet, Exercise & the Body
Safe, proven strategies



Taking Control
Forming your Endo plan



Staying Connected
Ending isolation

Live Q&A Calls hosted in each alternate week, so you receive continual support and guidance, plus 'real time' support, encouragement and advice through our private online Community.

Please note: although we do not provide medical advice or discuss specific medical treatment, we will support you to improve and strengthen your relationship with your health team.



PROGRAM DETAILS

KEY DETAILS

- 100% Online
- Fortnightly E-Workshops (recorded so you can watch when convenient)
- Fortnightly Live Q&A Call (also recorded)
- Limited spaces per Program

START DATES

Upcoming Programs in 2019 commence:

- Monday 19 August
- Monday 9 September
- Monday 14 October

DURATION

Each Program runs for 16-weeks. All material is recorded so you can watch and participate at your own convenience.

COST

The Living With Endo Program costs \$800 plus GST. Payment plans are available.





LIVING WELL SERVICES
INNOVATIVE PSYCHOLOGY PRACTICE



LIZ CROCKER

Director, Living Well Services

About Liz

Liz has been a practicing psychologist for over 40 years and is a member of the Australian Psychological Society and College of Health Psychologists. Liz has been actively assisting women and their families in managing endometriosis for over 20 years. She has been part of the multidisciplinary team at the Endometriosis Care Centre of Australia (ECCA) since its inception in 1998 and facilitated the Endo Support Group for ECCA for over 10 years.

Over this time, Liz has developed a deep understanding of the issues faced by women with endometriosis and has developed strategies to support them to build resilience and feel cared for while learning how to navigate their way through the endo experience. She is also keenly aware of the experience shared by partners, families and especially mothers who often feel tremendous guilt when they see their daughters in pain. She feels it is important for everyone involved in these significant family relationships to also have emotional and practical support.

Liz produced the self-help tape 'Living Well with Endometriosis' in conjunction with Professor Carl Wood (now deceased). Liz has also spoken at many events designed to raise public awareness of endometriosis and the psychological impact it can have on women's lives. She continues to provide counselling support through her practice Living Well Services through face-to-face, Skype, FaceTime and telephone sessions. She also provides online counselling support to clients all over Australia, as well as in New Zealand, Canada, United States and the UK.

Liz brings perspective, experience, and good humour to her work so that people can learn about themselves and develop new coping strategies in a way that is positive and self-affirming.

INTERESTED IN LEARNING MORE?

If you feel **Living With Endo** might help you or someone you know, please feel welcome to contact Liz to learn more:



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