



TheWEL

TheWEL MAP

Your Guide To TheWEL



The
Wellness
Enchantment
Learning
Course

Why TheWEL?

We all face times of challenge that disrupt our wellbeing, happiness and health. TheWEL course brings time-tested and scientifically proven ways to help.

Is it for you?

You'll learn better ways to get through, recover from, and be strengthened by your challenges. Perhaps it is everyday stress and difficulties you are facing. Or, maybe you are currently doing well, but want to learn to protect your future health. Increasingly, you are likely to join millions of people now affected by the rising epidemic of long-term condition - that in turn bring challenges like: symptoms and distress, loss of function and quality of life and wellbeing, and in turn maybe problems like feelings of hopelessness and isolation. TheWEL grew out of these challenges, and its design is based on lessons learned from helping thousands of people who have successfully met these modern challenges and improved and even transformed their wellness.

A summary
of these results
can be seen on
www.thewel.org

What can TheWEL do for you?

This course is created and guided by Dr David Reilly FRCP MRCGP, an internationally renowned doctor, academic and teacher.

How Do People Rate TheWEL?

85% of participants rate this course as Excellent or Outstanding.

Is it Proven Scientifically?

TheWEL course has been proven to produce remarkable lasting results for most of its participants.

This proof has been built in three layers:

- leaf Over 20 years of rigorous medical practice-based evidence to establish the core WEL approach and results
- leaf Then over 12 years of ratings in over 3000 participants, guiding cycles of improvement
- leaf Then confirmation of the results in in-depth scientific studies in over 300 people with person-centred measures, depth case studies, and blood results.



What Are The Research Results?

The research shows that TheWEL significantly enhances and even transforms most participant's health and well being, coping and function, energy levels, self-compassion and ability to self-care. There are also important shifts in physical measures away from the danger zones of today's epidemics, like diabetes, heart disease and depression.

Benefits tracked over 1 - 5 years

- leaf Over 8 out of 10 (88%) participants reported long term benefits
- leaf 77% on health difficulties, 88% on coping, and 69% - 83% on overall wellbeing
- leaf 78% report a positive shift in their self-compassion scores
- leaf 42% reduced their need for prescribed drugs.





Quality of Life

3 in 5 (62%) said the quality of their daily lives was changed.

Blood Changes Tracked Over 9 Months

- leaf 1 in 2 (55%) reduced their fasting insulins, reducing their diabetes and metabolic risk. 1 in 3 reversed their pre-diabetes state
- leaf 2 in 3 (67%) improved their Omega 3 ratios - a marker for heart disease and inflammation
- leaf 3 in 4 (75%) achieved adequate Vitamin D levels, and no-one was deficient - versus 9 in 10 with below optimal levels below the course.

How are these transformations achieved?

A key word is *change*. TheWEL helps you experience a shift in how you see the road towards feeling better – and so seed new maps that will guide your life and health in better directions.

As you progress through the course journey you will:

- leaf Develop a deeper understanding of your own challenges and so better self-management
- leaf Learn to increase your wellness and happiness by strengthening your ability to commit to your self-care
- leaf Learn skills to create the best conditions to strengthen your self-healing.

“ liberating and
hugely helpful”

Your WEL Course

Dr David Reilly leads you in mostly half-day meetings – either live, or, through a Guide who supports the group using video clips and discussion. The meeting days are backed up by a course manual and videos and on-line resources. Here's a brief sketch of some headings from the five parts of the course:

- 1 THE SEED - Seeding The Shift in Your Wellness:** TheWEL journey begins by exploring our lack of wellness and our suffering, but quickly opens up the possibility that change is possible. Exploring the science behind why our efforts to change are often short-lived the course shows you the possibility of a new way based on changing “our map” of our current situation. This first module begins an exploration of the innate capacity for healing within every human being and finishes with some practical first steps towards wellness.
- 2 THE NURTURE - Nourishing your life:** The one thing we have in our control is what we eat and drink and yet society has been bombarded with conflicting advice which has curiously seen an explosion of obesity. TheWEL cuts through this maze of information by getting back to simple common sense knowledge of what is *real* food and encouraging participants to keep it simple.
- 3 THE PATH - Changing your path:** This third module begins with an exploration of what we need to flourish in life and the gap that has opened up between what we need and the desires and wants that often get in the way – driving our poor self-care. We achieve a clearer picture as to what we can do in simple small steps to turn the ship around towards the types of attitudes that are likely to promote our self-care.
- 4 THE WELMIND - Breaking free from your mind:** If only we could get some peace from the constant noise that goes on inside our heads. This part of TheWEL provides you with access to solutions to quieten the mind and supports you to challenge some of the anxiety provoking patterns of thought that tend to drive unhelpful behaviour.
- 5 THE WELJOURNEY - Into the future:** The last part of TheWEL is geared towards equipping you with the “sailing skills” to navigate the storms of life. Bringing the learning of the previous four parts together the final part of TheWEL will support you to continue beyond the course by strengthening your self-care for the future.

“
really aided
my recovery



What TheWEL is not

TheWEL takes place in a group – but it is not a therapy group: no one has to tell their story or even speak.

Most people are shy and a bit stressed at the beginning of the first meeting, but the feedback says that by end of the first day people really relax and enjoy themselves. However, if you can't manage to sit in a group situation for 3-4 hours because of physical, emotional or mental health problems this course may not be for you. If you require the course materials in a different format, please speak to the course organisers beforehand. If any of these challenges mean the course is not suitable for you, we can guide you to web-based resources instead.

Who is it not for?

Participants often have many medical problems, but TheWEL is not about particular illnesses or treatments – so you will need to continue your medical care and treatments as need be. Importantly, TheWEL is not a 'quick-fix' or a magic cure, or a 'technique'. TheWEL is about your self-care and the rebuilding of your wellness and health, over time. So if you currently think there is an incomplete medical process, or hope a specific treatment like drugs will sort your problems – it would be best to complete that exploration before joining TheWEL.

Finally, TheWEL is not a self-help or support group.

It is a radical method of helping you create for yourself real, deep and long-lasting changes in your wellness.



Our Commitment

Our commitment is to support you through the course as you work to find a better path towards strengthening your recovery, wellbeing and wellness.

Your commitment is to do your best to work with us and practice what you are learning. You will reflect on how your ways of living block or slow your recovery, and ask what might now help. You will explore changes in your self-care and lifestyle, and ways of helping yourself. If you accept a place on a course, you are asked to commit to attending the whole of that course. If you have a challenge with this please discuss it with us.

If you decide you want to join a course, we look forward to welcoming you and guiding you on the adventure of your WELJourney.



"If it was not for what I learned on TheWEL course, I would be on insulin now for my diabetes, and on anti-depressants... it has transformed my life"

"Inspirational... led to a significant shift for me and my family"

Apply for a place on TheWEL

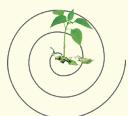
If you would like to explore coming on a WEL course or arrange one for your organisation, please contact us at connect@thewel.org

TheWEL is available in a number of formats e.g. Personal, Staff, Corporate and Community WELs

For more information about TheWEL visit:

www.thewel.org

TheWEL works in partnerships with:



TheWEL Charity



TheWEL World
Wellness Enhancement Learning

community renewal
Transforming Communities

NHS
SCOTLAND

NHS
**Greater Glasgow
and Clyde**

Glasgow City
HSCP
Health and Social Care Partnership

