

# INSIDEOUT

Inside Out Day at Exercise Healthcare Australia is a transformative seminar learning day that encourages participants to explore their inner selves to think outside the box. Through a dynamic program that includes pilates, a nutritious breakfast, engaging games, and a captivating guest speaker, attendees will delve into their core values, beliefs, and personal

growth. This unique experience fosters self-awareness, empowers individuals to embrace new perspectives, and ignites their creativity. With a perfect blend of physical and mental activities, Inside Out Day promises to be an inspiring journey of discovery and growth for all participants.

**7:30 AM** PILATES ON THE GREEN

**8:15 AM** BREAKFAST

**9:00 AM** PHOTOS

**10:00 AM** OUR CORE VALUES

**12:00 PM** LUNCH FROM LACEY'S

**12:30 PM** GUEST SPEAKER ERIC BAILEY (SEE OTHER SIDE FOR MORE DETAILS)

**1:30 PM** ESTABLISHING PATIENT BELIEFS

**3:00 PM** AFTERNOON TEA & CAKE

**3:30 PM** EHA OLYMPICS

**5:00 PM** DRINKS & NIBBLES

**LATER** BUS INTO TOWN FOR THE COOL KIDS

Brought to you by



**GUEST SPEAKER**  
**ERIC BAILEY**

## OVERVIEW

Eric Bailey is a renowned motivational and activational speaker with an inspiring story of triumph and perseverance. Growing up in challenging circumstances, he overcame obstacles to become a professional basketball player and later earned the title of "Australia's Most Versatile Motivational Speaker." With over 30 years of experience, Eric has motivated more than 4.5 million individuals in 13 countries, including top brands like Nike, Toyota, and Qantas. His expertise lies in team

building, leadership, motivation, and mental well-being. What sets Eric apart is his ability to connect with the audience personally, delivering custom presentations that exceed expectations. His most requested topics in 2023 include overcoming fear of failure, mindfulness, resilience, and goal-setting. As the CEO of Eric Bailey Global, he continues to inspire individuals and organizations to unlock their potential and achieve greatness.