



ALIGNED 360
— TOTAL WELLNESS —

EXECUTIVE WELLNESS PROGRAMS

Elevated Wellbeing.
Exceptional Leadership.

A premium, concierge wellness experience designed for leaders who want to perform at their best, live well and lead with clarity, energy and purpose.



DESIGNED FOR



CEOs



Managing Directors



Business Owners



Senior Executives



Partners & Board Members



When you lead from a place of wellbeing, you create impact that lasts.

OUR APPROACH

PERSONALISED. CONFIDENTIAL. TRANSFORMATIVE.

We take a 360° approach to your wellbeing, integrating mind, body, lifestyle and leadership to help you thrive personally and professionally.

WHAT'S INCLUDED



EXECUTIVE WELLNESS ASSESSMENT

A comprehensive review of your health, stress, energy, lifestyle and goals to create your personal wellness roadmap.



DEDICATED WELLNESS CONCIERGE

Your personal wellness partner to manage your program, bookings and ongoing support – saving you time.



PERSONAL WELLNESS STRATEGY

A tailored plan focused on your priorities, energy, performance, longevity and leadership excellence.



ONGOING SUPPORT & ACCOUNTABILITY

Regular check-ins, progress tracking and adjustments to keep you on track and achieving results.

CORE PILLARS OF WELLBEING



MIND
Clarity, focus & emotional resilience



BODY
Strength, mobility & vitality



NUTRITION
Fuel your body, optimise energy & performance



SLEEP
Restorative sleep for peak performance



PURPOSE
Alignment, meaning & fulfilment

“The greatest asset a leader has is their energy and wellbeing.”

PREMIUM WELLNESS SERVICES



EXECUTIVE COACHING

- Leadership coaching
- Performance coaching
- Strategic & decision-making support
- Communication coaching



HEALTH & PERFORMANCE

- Private fitness coaching
- Movement, Pilates & yoga
- Strength, endurance & recovery
- Posture & injury prevention



NUTRITION & LIFESTYLE

- Nutritionist & dietitian support
- Weight management
- Anti-inflammatory nutrition
- Healthy eating while travelling



STRESS, MIND & EMOTIONAL WELLBEING

- Mindfulness & meditation
- Breathwork & relaxation
- Stress management
- Emotional resilience



SLEEP & RECOVERY

- Sleep assessments
- Sleep optimisation strategies
- Recovery protocols
- Jet lag management



TRAVEL & LIFESTYLE CONCIERGE

- Wellness-focused travel planning
- Airport lounge & travel support
- Retreat & destination curation
- Healthy habits on the go

“Wellness is not a luxury for leaders. It is a necessity for sustainable high performance.”

THE BENEFITS FOR EXECUTIVES

- ✓ Sustained energy & peak performance
- ✓ Improved focus & decision making
- ✓ Greater resilience & stress management
- ✓ Better sleep & recovery
- ✓ Enhanced leadership & influence
- ✓ Work-life integration & balance
- ✓ Longevity & long-term wellbeing

VIP CONCIERGE EXPERIENCE



DISCREET & CONFIDENTIAL



TIME-SAVING SUPPORT



PREMIUM ACCESS



TAILORED EXPERIENCES

We connect you with Australia's leading wellness experts, coaches and specialists – so you can focus on what matters most: leading your business.

LET'S ELEVATE YOUR WELLBEING

Harry Singh

0402 410 395

harry@aligned360wellness.com.au

Aligned360wellness.com

60 Old Lilydale Road,
Ringwood East VIC.



SCAN TO CONNECT



PERSONAL. PROACTIVE. PURPOSEFUL.
Your wellbeing. Your leadership. Your legacy.



A 360° APPROACH TO WELLBEING,
PERFORMANCE & LEADERSHIP EXCELLENCE.



SUPPORTING LEADERS TO THRIVE TODAY
AND INTO THE FUTURE.