

## Our Unique Approach

Isorropia Foundation is a wellbeing organisation designed to empower you to become the best version of yourself.

We adopt an approach which is centred around you and supported by our unique model designed to help you achieve sustainable wellbeing and fulfilment.

Scan the QR code below to learn more about Isorropia Foundation.

Scan Here



[www.isorropia.uk](http://www.isorropia.uk)

## Contact Us

 01983 217791

 [hello@isorropia.uk](mailto:hello@isorropia.uk)

 [www.isorropia.uk](http://www.isorropia.uk)

 Medina Valley Centre  
Dodnor Lane, Newport  
Isle of Wight, PO30 5TE



## Mental Health & Wellbeing Organisation

Start your journey today, call us on

**01983 217791**

Our wellbeing coaches will arrange a convenient time to talk about your specific needs.

You'll have the opportunity to ask questions and to learn about what Isorropia Foundation can offer you.

## Find Us Online

 IsorropiaF

 Isorropiauk

 Isorropia Foundation

 Isorropia Foundation

Transform Your Wellbeing  
Discover Your Purpose  
Reach Your Potential

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## Wellbeing Programme

Our Wellbeing programme offers you the opportunity to increase your understanding of your own mental health and wellbeing, improve your self-awareness and discover a sense of meaning and purpose.

You will build skills and tools in a safe and supportive group environment to empower you to transform your wellbeing and live a content and fulfilling life.

These workshops reflect Isorropia Foundation's Five Keys to Wellbeing, our ethos and core values while focusing on practical steps and solutions to inspire lasting, positive change.



## The Gift Course

'The Gift' is unique to Isorropia Foundation and focuses on personal transformation and discovering your meaning and purpose. It's designed around our Five Keys to Wellbeing:

- Create the Foundations of Stability
- Develop a Balanced and Healthy Lifestyle
- Embrace Acceptance and Letting Go
- Adopt an Open and Positive Mindset
- Connect to Meaning and Purpose in Life

When you complete 'The Gift', you will have created a personal future planner with goals and aspirations to guide your future journey into positive wellbeing.



## Isorropia Community

Isorropia Foundation's community offers access to top-up workshops, ongoing self-led groups, a wide range of social activities, and practical guidance to enhance your goals.

It's a friendly environment which encourages connection with an ever-growing community of like-minded Isorropia members, who focus on and encourage one another in maintaining and developing their wellbeing.

Community members can also access additional digital content created to maximise the opportunity to remain connected after you graduate from our programme.