



Starting WSG (Wellness Support Group)

**Here is an example of starting Special Interest WSG in a Wellness Circle
Wellness Circle (WC) – Activity Based, Location Based or Interest Based
Start with minimum 20 Members with Families**

Facilitator: Dedicated and experienced person with knowledge of the fundamental Wellness needs of the location, specific activities or common interests to be the Facilitator of Change.

Supporting Global WSG Team:

Dinesh Chandra, Transformation Facilitator along with CWC-ICC Doctor Patrons, Chief Mentor, Program Lead, Health Heroes and other Wellness Ecosystem players.

WC Participating Members:

20 Members typically at a stage of their lives and wellness journey, when transformation and group activities are big healer as well as empowerment to them and their families. Those looking for work – life balance and happiness with evidence based eastern plus western best practices for holistic health solutions impacting the mind and body. There is no age bar with Wellness and the desire to change within a vibrant group environment to be driving factors for the Members.

Recruitment Process:

Sending out initial invite mailers to be drafted jointly by the concerned WSG Facilitator and CWC-ICC team to invite to get minimum 20 WSG Members. This would be an inclusive group with no barriers to join once the commitment and interest level are determined. The Facilitator will strive to Nominate 5 dedicated Members who could pull others in the local or interest/activity group.

Onboarding:

Orientation package and calendar handed out by the Facilitator. Disclaimer form signed up and the first meet up organized at a sponsored venue (partner infrastructure, community centers of cities banquet halls or residential place).

WC Activities and Initiatives

Attend first WC Meetup with group discussions coordinated by 2 facilitators on crowdsourced topics from all participating Members. Arrange special talks, conduct wellness practice sessions on lifestyle, diet and transformational case studies. Subsequent meetups (weekly, monthly - TBD) to be based on crowdsourced topics and those polled by the facilitators. Some Members may join the special category of WP (Wellness Patron) of ICC to avail special packages and benefits. Members are encouraged to be WP though not required to be CWC-ICC annual members.

Benefits (this is by no means exhaustive)

- Facilitated weekly/monthly group discussions
- Focus on the collective and individual challenges / interests of each Member
- Lifestyle transformation practices and inspirational talks
- Diet related case studies and live sessions including food tasting with recipes
- Wellness Sessions, Games and Improvs
- Invites to CWC onsite + onsite events. Other activities evolve with expansion of the WSG