



Exercise For Life

We are committed to Educating and Empowering people to become the healthiest version of themselves

Welcome

We're looking forward to working with you.

Each team member is valued for their unique personality and style in contributing to our culture. This document highlights information about our clinic, and the opportunities for your career with us.





About Us

Exercise For Life is a designated Exercise Physiology centre.

Our Exercise Physiologists are committed to working with our clients to achieve the client's health goals.

We love working with clients to rehabilitate them after they have been injured at work or involved in a motor vehicle accident, participants who live with a disability and clients who just want to be the best version of themselves.

We are located in Bedford, Perth Western Australia

Exercise For Life

CORE VALUES



Commitment To Care

- Passionate about changing lives
- We care about each other and our clients
- Action takers to support each other

Respect and Responsibility

- We are serious about communicating with each other, our clients and the community
- Each health journey is celebrated everyday

Open and Honest

- We are committed to grow as a team and as health professionals
- We are comfortable in communicating openly and honestly
- We strive to deliver the best health outcomes for our clients within our professional scope of practice

Empowerment

- We provide awesome health outcomes through education and coaching
- We actively nurture working relationships with like minded health professionals



We Are Team Focused

When you join Exercise For Life you aren't just joining another work place, you are choosing a clinic that is first and foremost invested in you, your needs and your overall well being.

Our culture isn't just about creating an awesome work environment, it's about providing you with an opportunity to thrive in all areas of your life.

A structured mentoring program, inhouse CPD and financial support for ongoing PD are just some of the things we have in place to ensure that we are always looking after our team



“Together We Make An Awesome Team”

Client Health Focused

When you join the Exercise For Life Team, you are joining a handpicked group of health professionals who are passionate about healthcare and who are committed to helping clients achieve their optimal health outcome.

We are leaders in the Exercise Physiology space and our aim is to provide clients with exceptional service that goes beyond the norms of the industry.

Our Core Purpose

We use Exercise Physiology to educate and empower people to achieve their true health potential and to make their life more meaningful and fulfilling

Client Focused Outcomes



What
Makes Us
Different!

How We Do This

At Exercise For Life we believe that people come first and that is why we want to create an environment that is focused on helping you achieve your best work in an environment that is setup to support you. Ongoing structured mentoring, quarterly development days, team social events, in house PD and flexible career pathways are some of the things that underpin our culture



Build your Career

Benefits of working with us

0-100 Days	Induction plan You have an opportunity to learn how to be a great team member
12m	Mentoring Plan Optimise your skills in what you do and say to provide best client experiences
2-3 Years	Your Personal Brand We will work with you to develop your personal brand and reputation as the best at what you do.
Career	Pathways You benefit from a pathway that leads you to a rewarding and successful career

Your First 0-100 Days

0 TO 100

EXERCISE FOR LIFE INDUCTION CHECKLIST

IMMERSE YOURSELF & GET OFF TO THE BEST START IN YOUR NEW ROLE

We want you to feel comfortable in starting your career with us and to achieve this we have developed our 0-100 document.

This document is your roadmap for the first 100 days working in Exercise For Life. The 0-100 provides you with daily tasks and actions to help learn our EFL policies and procedures, as well helping you to establish a growth mindset

“Never stop learning, because life never stops teaching”

12m Mentoring

Your first 12 months with us is all about learning about us, our systems and teaching you to become the best version of yourself.

During the first 12 months you can expect:

- Weekly 1-1 mentoring with the centre director
- One hour weekly team PD
- Goal setting
- Quarterly catch ups with the centre director to focus on clinical outcomes and personal goals
- Quarterly team days, to focus and plan for the quarter
- Financial support for ongoing PD



2-3 Years

REACHING YOUR GOALS



Throughout your first 2-3 years at Exercise For Life we will support you to focus on specialising in an area that you love, so that you can attract and work with your ideal client.

As we work together to develop your career we will assist you to develop your personal brand and reputation.

This will allow you to develop a loyal group of raving clients.

“It’s the one thing you can control. You are responsible for how people remember you-or don’t.
So don’t take it lightly”

Career Growth, Satisfaction & Support

- **Leadership Opportunities**

We believe that all our team at EFL are leaders in their field and therefore we strive to create as many opportunities for informal and formal leadership roles within our career pathways

- **Bonus Schemes**

Not only are our base salaries paid above the award rate, but our senior employees also have the opportunity to boost their wages even further by exceeding their KPI's

- **Flexible Work Hours**

We understand that the 38 hour work week isn't for everyone and therefore we offer our senior team opportunity for flexibility where we can. If full time work isn't the right fit for you, we will work with you to find the best option for you

- **Quarterly Development Days**

Knowing your strengths, weaknesses and overall purpose is all essential to creating a fulfilling career for yourself, which is why our quarterly development days are designed to help you grow both professionally and personally

What can you expect from us?



Transparency

Honesty and transparency are two of the most important attributes we value in our team members so it's only fair that we hold ourselves to the same standards. We promise to be honest and transparent with you in every interaction we have.



A Team Focused Culture

Many businesses talk about being customer focused (or client focused in our industry!) but at EFL we are *team* focused as we believe that looking after our team is our number 1 priority! We only hire the best so we know our clients will always be looked after!



Treated Like Family

When you join the EFL team you are joining a family and that means we will treat you as a family member and we will always care for you and your welfare with that intent. We will prioritise your best interest above ours.



Accountability

You can expect us to hold you to a higher standard than you hold yourself. We will not let you off, and we will not let you down. Expect us to give you individual mentoring so you can grow and improve as a practitioner in all areas of your role.

What do we expect from you?

Honesty & Integrity

If you are unhappy with something or someone in our workspace we expect you to let us know. If we can do something better or in a different way to make your job easier we will, but we can only do this if you are open and honest with us and are willing to learn in all areas of your work.

Accept Responsibility

Just as we take responsibility for our actions, behaviours and outcomes we expect you to do the same. We don't blame others or make excuses for why something didn't work out the way we wanted. We expect you to take responsibility for your patient's and their outcomes.

Provide Solutions, Not Problems

We trust you to have the tools and capabilities to solve most problems that you encounter at work. If a problem arises we expect you to let us know about it but we also expect you to come to us with a solution and willingness to accept our return advice.

Be A Team Player

As part of the EFL family we expect you to look out for others in our team the same way that they look out for you. We expect you to collaborate with other team members and to ask if there is anything you can help them with just as they would do for you.

What do we expect from you?

Prioritise Work & Plan to Succeed

When you are at work EFL, we expect you to be present, positive and ready to be at your best. Time management and the ability to prioritise tasks are essential to being efficient in your role. No one wants to take work home with them so therefore it's imperative that you are able to effectively manage your time

Effective Communication

We expect you to regularly communicate with us and keep us up to date with your clients, your tasks and any ongoing projects. We have multiple avenues for regular communication both formal and informal and we expect you to use all of them so that we know how you are travelling at all times.

MEET THE **TEAM**



Megan Lewit

Client Experience



Sue Harris

Accounts



Solomon Terry

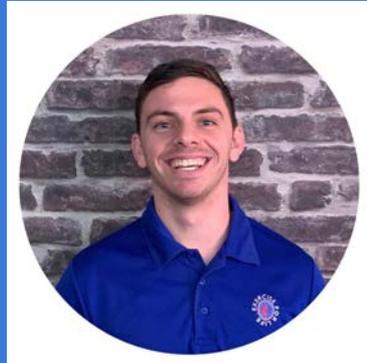
Exercise Physiologist

MEET THE **TEAM**



Fiona Nguyen

Exercise Physiologist



Domenic Filardo

Exercise Physiologist



Solomon Terry

Exercise Physiologist

Let's Get **Started...**

We Look Forward To Meeting You Soon!



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