

TESTIMONIALS

Paula is patient, calm, and in the right moments, really quite funny. She was clear and succinct and made me feel super comfortable and safe.

L.D.

The fear of losing my mind was huge. Wow - I left feeling like a weight was lifted. It feels amazing! I am so relieved and enormously grateful for this gift.

P.R.

I was able to use Paula's steps to reduce my pain and even felt that I was healing the wounds from the inside. I have so much more control and comfort.

L.K.



PAULA RALPH, YOUR SURGERY COACH

As a pharmacist, I owned two pharmacies and developed a large and loyal customer base. I realised early on that my customers often did not feel empowered about their medical care. They were missing three important pieces of the puzzle: the right information, an understanding of how medical systems work, and emotional support.

I continued to study and achieved higher qualifications in specialities that combine the power of neuroscience with behavioural sciences to help people gain greater control over their emotional and cognitive states.

Today I combine the knowledge from the pharmacy career, with the further qualifications to coach clients to a place of control in how they approach and journey through an operation. With my extensive experience coaching in the medical arena, I help you achieve a state of calm with emotional and mental clarity so that you are ready for a smooth operation and rapid recovery.

My goal is to help you feel empowered and ready for your surgical experience - to become an active member of your healing team!

Paula

Contact me today
for a free call to
learn more:

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Paula Ralph



ARE YOU FACING SURGERY?

Get the support
you need to
feel calmer and
recover faster.

Paula Ralph

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WELCOME

Surgery is more than a physical procedure. There are emotional and psychological aspects that play important roles in preparing for, undergoing and recovering from both 'minor' or 'major' surgeries.

Most people will experience some level of stress in the weeks, days, and hours leading up to their procedure. Often the feelings of worry and anxiety can build as the day of surgery approaches. Every individual has unique needs. However, some of the more common concerns include:

Fear of the unknown
Worrying about the surgery not being effective
Fear of the anaesthetic and medication
Losing control or feelings of helplessness and immobility
Fear of pain
Not being able to recover well or fast
Being in an unfamiliar environment
Fear of death
Hospital phobias such as needles, smells, claustrophobia, white coats
Discomfort with asking for help or assistance
The impact on family or work
Being around strangers
Losing personal identity

The anxiety and stress results in undesirable **physical symptoms** such as:

- Increased blood pressure and heart rates
- Shortness of breath
- Nausea or upset stomach
- Difficulty sleeping before your procedure
- Greater pain

The body and the mind are connected systems. Think of surgical coaching as the bridge between medicine and the expanding arena of mind/body awareness. They work together!

Whether you are having a cosmetic change or a life saving procedure, surgery does not have to be a traumatic experience. Surgery coaching will give you the tools you need to empower you to feel more confident, calm, and prepared for your procedure, giving you a more rapid recovery.

RESEARCH SUPPORTED BENEFITS OF SURGERY COACHING

PREPARATION FOR YOUR PROCEDURE

Like many important life events, surgery is an experience we can improve with active preparation. You would expect an athlete to train for a sports event or a student to study for an exam, right?

Likewise, you can make your surgical experience more comfortable, safe and successful with surgery coaching.

- Learn what to expect from the process so you feel confident and in control
- Gain trust in your body and your surgical team so you feel calm and safe
- Let go the fear and resistance you may be feeling about the procedure
- Master proven strategies for dealing with anxiety and worries

IMPROVED OUTCOMES

Multiple scientific studies have confirmed that relatively simple behavioural changes before surgery can improve postoperative outcomes including*:

- Less blood loss during surgery
- Fewer surgical complications
- Lower risks of infection
- Shorter hospital stays
- Reduced need for pain medication

Surgery coaching improves the outcome of your procedure by empowering you to go into the experience with more confidence and a relaxed mind and body. When you reduce your health risks before and during the surgery, you can save on out of pocket costs spent on complications and a slow recovery afterwards.

FASTER RECOVERY

Surgery is a major life event. Many of us lead busy lives and need or want to return to our work and family as soon as possible. If you are well prepared for it, the opportunities for rapid recovery are greatly enhanced.

Because surgical procedures can affect our lives in many ways, healing is more than simply a physical process. In fact, faster physical healing is supported when your emotional and psychological needs are met.

Surgical coaching can help you recover faster by giving you the tools and steps you need to achieve that.

The attitude of the patient is just as important as the skill of the surgeon.
C. Norman Shealy, MD, PhD

SURGERY COACHING PROGRAMMES

1. PURPLE: COMPREHENSIVE WELLNESS AND RECOVERY SUPPORT

- One exclusive day of individually tailored coaching prior to your procedure
- Two one-on-one sessions to further prepare for your surgical experience
- One post-surgical session to continue with your rapid recovery
- Become a surgery superstar with this comprehensive support option

Learn to develop a mindset for success! If you are struggling with anxiety, worry, overwhelm, and fear about your surgical procedure, the **PURPLE** programme will provide the information, steps, support, and follow up that you will need to manage your anxiety and stay confident and calm before, during, and after your procedure. Your recovery and ongoing health will thank you for it.

2. BLUE: KEYS TO RAPID RECOVERY

- Four private coaching sessions
- Discover and address your unique needs
- Focused preparation for every aspect of surgery and recovery
- Emotional and informational support to bring clarity to the process

Research has shown that being emotionally and mentally prepared for surgical procedures boosts the healing process and shortens recovery time. This programme is designed to allow you to return to work and family obligations as quickly as possible. If you are concerned about getting back into action after your surgery, the **BLUE** programme is for you.

3. RED: THE PANIC BUTTON

- One 90-minute confidential coaching session
- Targeted coaching to untangle a specific issue
- Prevent a minor concern from becoming major anxiety

Addressing any specific questions you may have in advance of your surgery will give you clarity and confidence for a smooth experience. For example, you may have concerns about an allergy, have questions about the steps involved in your procedure, or you just need someone to listen with an empathetic and scientifically aware ear. If so, the **RED** programme is right for you.

*Dreher H, Mind-Body Interventions for Surgery: Evidence and Exigency, *Advances In Mind-Body Medicine* 14, 207-222, 1998