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A happy and healthy team creates a better customer experience, a healthier workplace, and a stronger, more supportive industry.




Sue is Registered with AHPRA as a Nurse, Certified by Wellness Coaching Australia, and Accredited with Health Coaches Australia and New Zealand (HCANZA) as well as International Institute for Complimentary Therapists (IICT).

CONTACT US TODAY TO GET STARTED!

Let's create a workplace where employees feel valued, supported, and inspired—one shift at a time.

 0486 043 341

 info@zestagain.com

 www.zestagain.com

ABOUT US

At ZestAgain, we are dedicated to supporting, motivating, and empowering service industry workers to recognise, understand, and transform their workplace experience. Our goal is to foster **happiness, well-being, and team connection**, creating a more fulfilling and positive work environment.

Founded by **Sue Cosgrove**,
*Health & Wellness Coach
of the Year 2024,*



ZestAgain helps individuals and teams cultivate **awareness of their workplace** experiences and provides tools to shift mindsets, develop resilience, and create lasting positive change.

We use relatable, evidence-based approaches to help employees increase their awareness of self-care, ensuring they can continue to care for others effectively.



ZestAgain

Rekindling Compassion Empowering Service

ZestAgain is here to support service industry workers who are experiencing burnout, compassion fatigue, or disconnection from their purpose.

Explore our online program inside.



OUR PROGRAMS

Tier 1: Introduction Course

Free

This free introduction offers a practical overview of compassion satisfaction and compassion fatigue, helping you understand how they impact your well-being at work and in life.

What's Included:

- ✓ Understanding Compassion, Compassion Fatigue, and Compassion Satisfaction
- ✓ Introduction to Secondary Traumatic Stress
- ✓ PROQOL Assessment (Professional Quality of Life Scale)
- ✓ Reflection on Your Results – What Do They Mean?
- ✓ Introduction to Self-Care and Well-Being
Exploration: “How is your human body (your ‘flesh sack’) operating?”



Tier 2: Compassion Satisfaction Subscription

\$19 / month

This monthly subscription is designed to support you in building lasting resilience, reducing burnout, and deepening your sense of satisfaction in your work.

Month-by-Month Overview:

- ✓ **Month 1:** Why do you do your job? | Personality & Compassion
- ✓ **Month 2:** Understanding Values & Alignment
- ✓ **Month 3:** What are your strengths? Do they align with your life and work?
- ✓ **Month 4:** Personality Psychology vs. Social Psychology
- ✓ **Month 5:** Trauma and Its Impact on Compassion
- ✓ **Month 6:** Who Are You?
- ✓ **Month 7:** Reflecting on Your Personal Balance
- ✓ **Month 8:** What Are Your Goals for Your Future “You 2.0”?
- ✓ **Month 9:** Planning Time to Achieve Your Goals
- ✓ **Month 10:** Choosing Self-Care Goals to Increase Compassion Satisfaction
- ✓ **Month 11:** Solutions to Improve Compassion Satisfaction for Kinesthetic Learners
- ✓ **Month 12:** Experiments Toward Change – The Why and the How

Tier 3: Complete Self-Paced Program with Group, Coaching & Monthly Webinars

\$250
One time
Payment

Tier 3 gives you immediate, full access to all 12 modules of the Compassion Satisfaction Program, allowing you to explore, reflect, and integrate the content in a way that fits your schedule and learning style.

What's Included:

- ✓ New monthly learning topic
- ✓ Live or on-demand webinars
- ✓ Access to the ZestAgain Library
- ✓ Practical tools, reflections & assessments
- ✓ Community support and motivation

In addition to the full program, you'll be invited to join monthly Group Coaching Conversations with Sue Cosgrove and fellow Tier 3 subscribers providing connection, insight, and support as you apply what you learn.

This tier is ideal for professionals who prefer to self-direct their learning, team leaders looking for a complete roadmap to support their teams, and anyone seeking deep, meaningful transformation without the wait of monthly releases.

**Contact ZestAgain to
discuss the best option
for your team!**