



# DISCOVER WHAT'S POSSIBLE



## INSIDE THE SURGICAL WELLBEING *Practitioner Certification*

Learn how compassionate, clinically informed recovery support is transforming the patient healing journey – and discover how you can build a meaningful, flexible career helping others feel safe, supported, and less alone during one of the most vulnerable times in their lives.



**A GROWING INDUSTRY**  
High demand. More patients. More opportunities.



**A PURPOSEFUL CAREER**  
Make a real difference in the lives of others.





**FLEXIBLE & FULFILLING**  
Create work that fits your life and values.



**COMPASSION IN ACTION**  
Support the whole person, not just the procedure.

*Learn. Support. Transform.*

A MEANINGFUL CAREER. A CALMING PRESENCE.  
A LIFE BUILT WITH PURPOSE.



YOUR PATH  
TO PURPOSE  
STARTS HERE



*Learn. Support. Transform.  
Live your way.*

BE PART OF THE  
FUTURE OF  
SURGICAL  
WELLBEING  
SUPPORT



—♡—

# The Why

BECAUSE HEALING IS MORE  
THAN THE PROCEDURE

—♡—

Surgery can be lifesaving and life-changing — but for many patients, the recovery journey can feel overwhelming, uncertain, and lonely.

Once they leave the hospital, the medical team is no longer there. The questions begin. The discomfort sets in. The fear, the frustration, the emotional ups and downs — it can be a lot to manage alone.

**Patients need more than physical healing. They need emotional reassurance, practical guidance, and someone who truly understands what they're going through.**



Patients leave hospital with so many unanswered questions.



Families want to help but often don't know how.




Emotional recovery is just as important as physical recovery.



Compassionate support can transform the healing experience.

“  
*When patients feel seen, supported, and cared for, healing happens on a deeper level.*

—♡—



THIS IS WHERE YOU  
MAKE THE DIFFERENCE.

—♡—

As a Surgical Wellbeing Practitioner, you become a calm, reassuring presence during one of the most vulnerable seasons of a person's life.

*You don't just support recovery.  
You transform it.*



You bring calm when they feel overwhelmed.

You bring clarity when they feel uncertain.

You bring compassion when they feel alone.

*You make healing human again.*

—♡—

# The Opportunity

A GROWING NEED. A MEANINGFUL FUTURE.

The way patients heal is changing. The world of healthcare is evolving. And with it, a new kind of support is becoming essential.

Surgical Wellbeing Practitioners are uniquely placed to fill the gap between clinical care and emotional recovery — bringing calm, reassurance, and holistic support to patients when they need it most.



## A RAPIDLY GROWING INDUSTRY

More people than ever are choosing both medical and cosmetic procedures. The demand for non-clinical, wellbeing support continues to rise worldwide.



## MORE THAN PHYSICAL HEALING

Patients want to feel informed, supported, and emotionally prepared before surgery — and cared for with compassion during recovery.



## A GAP IN MODERN HEALTHCARE

Hospitals are stretched and recovery time is often at home. Patients need guidance, reassurance and someone who truly understands what they're going through.



## A CAREER WITH PURPOSE AND FREEDOM

Create flexible, meaningful work that fits around your life and allows you to make a real difference.



## ENDLESS WAYS TO MAKE AN IMPACT

Work one-to-one, in clinics, in wellness centres, online, or build your own wellbeing business.

THIS IS MORE THAN A CAREER.  
IT'S A CALLING.

*You don't just support recovery.  
You transform lives.*

*A Career  
That Heals More  
Than the Body*



*Support the whole person.  
Make a lasting impact.  
Build a future with purpose.*

## THE POSSIBILITIES ARE ENDLESS

- Work from home or in-person  
Build a career that fits your lifestyle and commitments.
- Support a wide range of patients  
From cosmetic surgery to medical procedures and beyond.
- Offer holistic, patient-centred care  
Provide emotional reassurance, practical guidance, and calm during the recovery journey.
- Continuous growth and learning  
Expand your skills and confidence with ongoing education and support.
- Be part of a meaningful movement  
Join a community of compassionate practitioners making a real difference every day.

*Compassion  
is your greatest  
superpower.*

LEARN. SUPPORT. TRANSFORM.



LIVE YOUR PURPOSE.



CREATE FREEDOM.

# Who Is This For?

## A PURPOSEFUL PATH FOR COMPASSIONATE PEOPLE

The Surgical Wellbeing Practitioner Certification was created for those who want to make a real difference in the lives of others, offering calm, informed, and holistic support during one of the most vulnerable times.

*This may be for you if you are...*



### CARERS & SUPPORT WORKERS

You already care deeply for others and want to expand your skills to support patients in a clinical or private setting.



### WELLNESS, BEAUTY & HOLISTIC PROFESSIONALS

You want to complement your existing skills and step into the growing wellbeing and recovery support space.



### STAY-AT-HOME MUMS & PARENTS

You're looking for flexible, meaningful work that fits around your family and allows you to make a difference.



### CAREER CHANGERS

You're ready for work that feels aligned, purposeful, and offers both freedom and fulfilment.



### HEALTHCARE ASSISTANTS & CLINICAL STAFF

You want to go beyond the medical and make the emotional recovery journey a priority.



### PURPOSE-LED INDIVIDUALS

You want to build a career or business that is values-driven, impactful, and rooted in compassion.



### NEURODIVERSE LEARNERS

You prefer flexible, self-paced learning with understanding, structure, and support every step of the way.



If you have a caring heart and a desire to help others heal, you already have what it takes to begin.

*We'll help you build the expertise and confidence.*



A meaningful career.  
A lasting impact.  
A life of purpose.

# What You'll LEARN

PRACTICAL SKILLS. REAL IMPACT.  
PURPOSEFUL SUPPORT.

This certification blends clinical insight with holistic, compassionate approaches to help you confidently support patients before, during, and after surgery.

You'll gain the knowledge, tools, and confidence to make a meaningful difference in their recovery journey — and build a purpose-led career doing **work that truly matters**.



#### 1. THE SURGICAL WELLBEING JOURNEY

Understand the emotional, physical, and psychological stages of surgery and recovery from a holistic perspective.



#### 2. COMMUNICATION & CONNECTION

Learn how to communicate with empathy, build trust, and provide reassurance when patients need it most.



#### 3. EMOTIONAL WELLBEING SUPPORT

Explore techniques to help ease anxiety, promote calm, and support emotional resilience throughout recovery.



#### 4. PRE-OPERATIVE SUPPORT

Discover how to prepare patients emotionally and practically before surgery to reduce fear and improve outcomes.



#### 5. POST-OPERATIVE CARE & RECOVERY

Learn how to support comfort, rest, mobility, and emotional healing in the early stages of recovery.



#### 6. HOLISTIC & INTEGRATIVE APPROACHES

Use holistic principles, nutrition, rest, mindfulness, and lifestyle strategies to support whole-person recovery.



#### 7. SCAR WELLBEING & BODY CONFIDENCE

Understand the emotional impact of scarring and how to support confidence, body image, and self-acceptance.



#### 8. PROFESSIONAL PRACTICE & BOUNDARIES

Work within your scope, maintain boundaries, and uphold ethical, professional standards with confidence.



#### 9. BUILDING YOUR PURPOSE-LED CAREER

Explore career paths, business opportunities, and how to create flexible, meaningful work around your life.

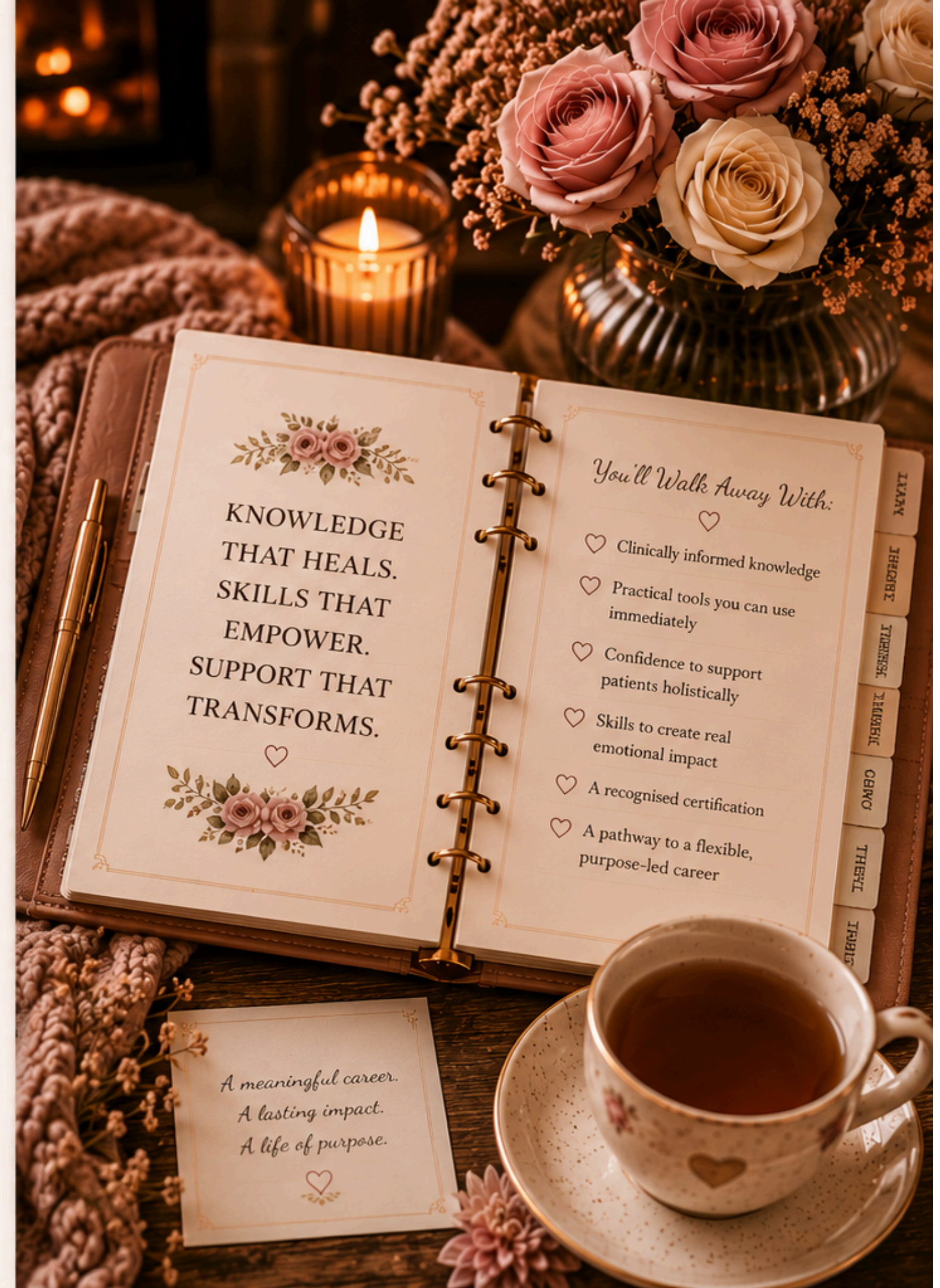


#### 10. PRACTICAL TOOLS & RESOURCES

Gain ready-to-use templates, checklists, plans, and guides to support your clients and grow your confidence.

KNOWLEDGE GIVES YOU SKILLS. COMPASSION GIVES YOU PURPOSE.

*You bring them together to change lives.*



*A meaningful career.  
A lasting impact.  
A life of purpose.*

# Student Transformation

FROM UNCERTAIN TO EMPOWERED.  
FROM OVERWHELMED TO PURPOSE-LED.

This certification is more than just a course — it's a journey of personal growth, meaningful learning, and a deeper connection to the people you support.

You won't just learn new skills.  
You'll become the kind of practitioner patients remember.

## BEFORE THIS JOURNEY



**UNCERTAIN & UNSURE**  
You're not sure where to start or if you have the right skills to help.



**LACKING CONFIDENCE**  
You worry about saying the wrong thing or not knowing what patients truly need.



**OVERWHELMED & STRESSED**  
You feel emotionally drained seeing others struggle and don't know how to support them.



**SEARCHING FOR PURPOSE**  
You want meaningful work but haven't found a path that feels aligned with your heart.



**LIMITED OPPORTUNITIES**  
You feel stuck in a role with little flexibility or room to grow.



## AFTER THIS JOURNEY



**CONFIDENT & CAPABLE**  
You understand the recovery journey and feel confident supporting patients before, during, and after surgery.



**SKILLED & PREPARED**  
You have practical tools and knowledge to provide calm, informed, and compassionate support.



**CALM, RESILIENT & FULFILLED**  
You feel emotionally grounded, boundaried, and empowered to make a real difference.



**PURPOSEFUL & INSPIRED**  
You wake up excited knowing your work brings comfort, hope, and healing to real people.



**FLEXIBLE & FREEDOM-FOCUSED**  
You can create a career or business that fits your life, your values, and your lifestyle.



YOU'RE NOT JUST LEARNING A CERTIFICATION.  
*You're stepping into a meaningful, rewarding future.*





STEP 7

# My Story

*Ini Baker*



A JOURNEY SHAPED BY COMPASSION.  
A PURPOSE ROOTED IN CARE.

**My journey into surgical wellbeing support began in the operating theatre.**

As a former Operating Department Practitioner, I saw firsthand how patients often face surgery feeling anxious, alone, and uncertain about what lies ahead. And I saw how much they needed gentle, reassuring support — not just clinically, but emotionally.

Over the years, I've supported thousands of patients through some of the most vulnerable moments of their lives. But it was their stories — their fears, their tears, their gratitude — that left the deepest mark on me.

I knew there had to be a better way to support people before and after surgery.

So I created a pathway that blends clinical understanding with holistic, compassionate care — empowering practitioners like you to become a calming, confident presence in someone's healing journey.



*This certification is my heart, my experience,  
and my way of helping you create  
a meaningful career that truly changes lives.*



“

You don't just support recovery.  
You walk beside someone  
when they need it most.





# The Surgical Wellbeing Academy

COMPASSION • KNOWLEDGE • CONFIDENCE



## SOME OF THE MODULES YOU'LL FIND (BUT NOT LIMITED TO)

A complete framework to support surgical patients before and after surgery —  
in body, mind and *heart*.



### 1. Foundations of Surgical Wellbeing

Understanding the emotional impact of surgery, patient safety and the role of the Surgical Wellbeing Practitioner.



### 2. Anatomy & Physiology for Recovery Support

The lymphatic system, skin structure, inflammation, mobility and healing.



### 3. Understanding the Surgical Journey

Hospital admissions, anaesthesia, PACU & recovery room understanding and the emotional journey of surgery.



### 4. Pre-Surgical Wellbeing Support

Preparing patients emotionally, sleep, stress & nervous system support, nutrition, hydration and organisation.



### 5. The Surgical Health Passport

Medication & allergy records, communication preferences, emergency information and recovery support planning.



### 6. Supporting Neurodiverse Surgical Patients

Autism, ADHD, dyslexia & dyspraxia awareness, sensory overwhelm & communication support, trauma-aware care.



### 7. Post-Surgical Recovery Support

Recovery stages & wellbeing, scar hydration & care, swelling, fatigue & comfort, creating calm recovery spaces.



### 8. Professional Practice & Ethics

Professional boundaries, confidentiality, safeguarding, safe language & communication, building your wellbeing practice.

## INCLUDED BONUSES



Surgical Wellbeing Workbook



Recovery Planning Templates



Health Passport Resources



Practitioner Reflection Journal



Downloadable Patient Resources



Certificate of Completion



12 Months of Supportive Email Guidance



*Transform knowledge into compassionate care.* ♥

Gain the confidence, skills and support to guide surgical patients through their recovery journey with dignity and heart.

[ENROL NOW](#) ♥





# FAQs

## Your Questions, Answered

Everything you need to know about the Surgical Wellbeing Practitioner Certification and how it can support **your journey** and **your future**.



### 1. Who is this course for?

This certification is ideal for healthcare support workers, carers, nurses, therapists, wellbeing practitioners, beauty & holistic professionals, and anyone who wants to support surgical patients before and after surgery.



### 2. How is the course delivered?

The course is 100% online and self-paced. You'll have access to all training materials, downloadable resources, templates, and updates so you can learn in your own time.



### 3. How long do I have access to the course?

You will have access to the course for the duration of the course period. The exact access timeframe will be shared with you upon enrolment.



### 4. Do I need prior experience?

No prior experience is required. The course is beginner-friendly but also packed with valuable insights for experienced professionals looking to deepen their expertise.



### 5. Will I receive a certificate?

Yes! You will receive a beautifully designed Certificate of Completion once you finish the course. It's perfect for your portfolio, CV, website, and social media.



### 6. Do I get one-to-one guidance?

Yes! You'll receive one-to-one email guidance and support from Ini for **12 months** after enrolment. You're never alone on your journey.



### 7. Can I use this certification in my business?

Absolutely. This certification is designed to help you confidently support surgical patients and grow your wellbeing practice, services, and impact.



### 8. Is there support if I have questions?

Yes! You'll receive guidance throughout the course, and you can email us anytime. We're here to support you every step of the way.



*This is more than a certification.*  
**IT'S YOUR CALLING.**

 FLEXIBLE ONLINE LEARNING

 SUPPORTIVE GUIDANCE

 MEANINGFUL IMPACT

**BEGIN YOUR JOURNEY TODAY** 

ENROL NOW AND STEP INTO A CAREER  
THAT CHANGES LIVES, STARTING WITH YOURS.

*Knowledge gives you confidence. Compassion gives you purpose. You give patients hope.* 





**YOU HAVE THE HEART.**  
*We'll give you the expertise.*  
**TOGETHER, WE TRANSFORM LIVES.**

When patients feel seen, supported and understood,  
 healing begins long before recovery.  
 Become a Surgical Wellbeing Practitioner and be the calm,  
 compassionate presence that changes someone's journey.



**Make a Meaningful  
 Difference**

Support patients with  
 knowledge, empathy  
 and confidence.



**Grow Your  
 Purpose**

Build a fulfilling career  
 that reflects your values  
 and passion.



**Learn. Inspire.  
 Transform.**

Step into a profession  
 rooted in compassion  
 and impact.

*This is more than a certification.*  
**IT'S YOUR CALLING.**

♥ **BEGIN YOUR JOURNEY TODAY** ♥

FLEXIBLE ONLINE LEARNING • SUPPORTIVE GUIDANCE • MEANINGFUL IMPACT

*Knowledge gives you confidence. Compassion gives you purpose. You give patients hope.*

