

Adventure #1

1st June 2022 to 30th September 2025

How WMHP will look, feel & act by 30th September 2025

The best way to make our dreams a reality is to take them from our minds and share them with the world.



www.wmhp.com.au

women's &
men's health
PHYSIOTHERAPY



Our Core Purpose

Women's & Men's Health
Physiotherapy exists to **restore**
pelvic health, **empowering** every
person to live their **best life.**

This is our cause,
our belief and what
we stand for.
It's our why!

Our Core Values

At WMHP we live and breathe our **core values**, they are **promises** we make to each other, **guiding** our behaviour and **informing** our decision making.

Respect Everyone

- We communicate with honesty, clarity and kindness.
- We are trusting, empathetic and compassionate.
- We value and acknowledge everyone's perspective and contribution.

Make Connections

- We are friendly, caring and inclusive.
- We genuinely listen and take the time to get to know each other.
- We enjoy celebrating milestones and successes.

Work Together

- We have a positive can-do attitude.
- We support everyone to achieve professional, personal and shared goals.
- We are reliable, dedicated and accountable.

Strive for Excellence

- We always do our best.
- We aim to provide an exceptional experience every time.
- We are innovative and committed to continual improvement.

Embrace Learning

- We are curious, questioning and willing learners.
- We inspire each other with our courage to adopt change.
- We generously share knowledge and collaborate.

women's &
men's health
PHYSIOTHERAPY



What We Do

WMHP uses a **whole person** approach to **change lives** for the **better**.

Creating a **safe space**, we **listen** to truly understand and establish **meaningful connections**.

Through **shared decision making**, we guide our patients to **achieve** their pelvic health goals.



“The staff at this physio clinic are amazing - from the physio’s themselves to the reception team, they are all warm, welcoming, and lovely! From the moment you walk into the building you’re greeted with friendly faces, helping you instantly feel at ease. The physio’s know exactly how to ensure you feel comfortable, and are extremely dedicated to informing you on your specific problem, and helping you achieve your goal. I can’t recommend this physio enough!”

Caitlin



Who We Are

- We are a kind, caring and connected group.
- We look out for and support each other and our patients.
- We take the time to get to know each other and genuinely enjoy working together.
- We optimistically embrace challenge, love to learn and continuously improve.

Our Culture

- We value everyone's contribution and perspective.
- Our friendly and inclusive team work and grow together, inspiring each other.
- We acknowledge and celebrate personal and professional milestones and successes.

Coaching & Support

- At WMHP we embrace learning.
- We don't just talk about it, we promise and deliver with a formal structure.
- This provides opportunity and support for our team to become the best version of themselves.

Leading the Way

- Never content to settle, WMHP is a small giant with a long history of looking ahead, staying up to date and embracing change and innovation.
- We set goals and put in the work, allowing us to evolve and bring our dreams to life.

Our 10 Year Dream

By 31st May 2032, WMHP patients will have achieved
50,000 Pelvic Health Goals (PHGs)

To get there, we will outline and embark on three 3.3 year Adventures....

Adventure #1

1st June 2022 –
30th September 2025

Adventure #2

1st October 2025 -
31st January 2029

Adventure #3

1st February 2029 -
31st May 2032



Adventure #1

By 30th September 2025, Women's & Men's Health Physiotherapy will look, feel & act like this:



Our People

Our skilled, engaged and invested team are genuinely cared for and valued. WMHP is a place where people want to and are proud to work.



Whole Person Approach

Every patient has pelvic health goals and a collaborative plan achieved via a whole person, patient-centred approach that addresses physical, emotional and social factors.



A Lighter Load

We have streamlined processes and tools that make it easier and quicker to collect and understand the patient's story and prioritise and plan their treatment.



Great Systems

We have a new practice management program and digital platforms that provide us with integrated, user friendly and efficient systems.



Culture Book

We have published our very first WMHP year book that documents and celebrates our culture, milestones and successes.



A Trusted Adviser

We are a trusted pelvic health advisor for referrers and patients. Referrers support our biopsychosocial approach, entrusting us to care for their patients. Patients feel safe and connected to WMHP, trusting us to guide their pelvic health journey. We have 1000's of people visiting our website, reading our articles and watching our videos.



10 Year Dream

We are making exciting progress towards our 10 year dream of WMHP patients achieving 50,000 Pelvic Health Goals by 31st May 2032.



WMHP 30th Birthday

In October 2022 we commemorated our 30th birthday with a visit to a winery, celebrated in style!



WMHP Community Fun

We regularly found opportunities to connect and celebrate the WMHP community and the people that support them, with planned and spontaneous catch ups throughout the year and end of year parties.