



Guided Growth



THE SEASONAL JOURNAL

Winter 2026

Rest



Restore



Reflect



A seasonal journal
filled with practical ideas,
evidence-based health
information, nourishing
recipes, inspiration and
stories from our
community.

Welcome

A FEW THOUGHTS FROM ME



*Winter kayaking in
Kangaroo Valley, NSW*



My hope is that each
newsletter leaves you
with one new idea to try,
one recipe to enjoy, one
habit to practice,
explore and perhaps a
gentle reminder to be
kind to yourself.



Hello and welcome to all my Guided Growth supporters, retreaters, future retreaters, and clients—past, present and future.

I'm delighted you're here and thrilled to be sending you the very first edition of the Guided Growth Newsletter.

It's hard to believe Guided Growth has now been up and running for six months, and it's already been three months since our inaugural retreat at the beautiful Maruia Springs. Looking back, I feel incredibly grateful for everything that's happened in such a short space of time.

Starting a business from the ground up has been one of the steepest learning curves I've ever experienced. There have been plenty of moments where I've stepped well outside my comfort zone, learnt skills I never imagined I'd need, and discovered that running a small business is equal parts exciting, challenging and incredibly rewarding. Thank you all for your support.

One of my biggest achievements over the past six months has been launching the Guided Growth website. I simply couldn't have done it without my incredible daughter, Lucy. As a talented software engineer, she generously shared her time, creativity and technical expertise to help bring my vision to life. Watching her transform my ideas into a beautiful, functional website has been one of the greatest joys of this journey, and I'm so incredibly proud and grateful.

One of the unexpected highlights of this journey has been meeting some truly inspiring women in business. I'd especially like to thank Sarah Reid from Embody Me, Emma Williamson from Anthea, and Angie Wong from The Face Shop. Each brings such passion, generosity and integrity to what they do, and I've been reminded just how powerful it is when women genuinely champion one another. Their kindness and encouragement have meant more than they probably realise, and I'm so grateful for their support.

As Guided Growth continues to evolve, my vision for this seasonal journal is to grow with it. Alongside evidence-based health information and longer articles on wellbeing, you'll also discover the GG5—five things I'm genuinely loving each season. From inspiring podcasts and books to nourishing recipes, beautiful walks and little discoveries that bring joy, I hope these pages encourage you to try something new, slow down and find moments of wellbeing in your own everyday life.

Thank you for being part of the Guided Growth community. Whether you've just joined us, have been here from the very beginning, or quietly cheer us on from afar, you truly matter to this community.

I hope this journal leaves you with one new idea to try, one recipe to enjoy, one habit to practise, and a gentle reminder that small, intentional steps create extraordinary change.

Andrea Hadden 





THE GG5

FIVE THINGS I'M LOVING RIGHT NOW

GG5 is my way of sharing the little things that are inspiring, nourishing and supporting me through the season. Each newsletter, I'll highlight five areas of my life—what I'm listening to, a walk worth taking, what I'm eating on repeat, what I'm reading, and what I'm loving.



WHAT I'M LISTENING TO

Podcasts, music or talks that are teaching me something new or uplifting my day.



A WALK WORTH TAKING

Beautiful places that clear my head, lift my mood and remind me to slow down.



WHAT I'M EATING ON REPEAT

Nourishing recipes and meals that fuel my body and make life easier.



WHAT I'M READING

Books and articles that expand my mind and inspire growth.



WHAT I'M LOVING

People, products, practices and moments that bring joy and gratitude.

The GG5 is all about inspiration, connection and the little things that make a big difference.



WHY I SHARE

My hope is that the GG5 inspires you to try something new, discover something beautiful, and find small moments of joy in your own everyday life.

REST • RESTORE • REFLECT

Here's to growing well—together.





What I'm Listening To



Inspiring conversations that inform, challenge and expand how I think about health.

PROOF OF PRACTICE PODCAST

Women Over 40: The Strength Training Plan for Muscle, Brain Health & Longevity

One podcast has been on repeat for me this month.

If you're curious about strength training, brain health, healthy ageing and what the evidence actually tells us, this episode is outstanding.

What makes it different is the panel itself. Rather than hearing from one expert, five highly respected women in health and performance come together to discuss the latest science — and they aren't afraid to challenge each other. The result feels like you're sitting in on a fascinating conversation between colleagues who genuinely want to help women live stronger, healthier lives.



Proof of Practice Podcast

To cut through the noise in health and wellness — with honest, research-backed...



WHY THIS EPISODE STANDS OUT

The panel brings together five very different perspectives. They don't always agree — and that's intentional. Rather than presenting a single "guru", they model respectful scientific discussion and show how evidence evolves. The goal is to help listeners understand what the research actually says, rather than chasing the latest trend.

MEET THE PANEL

- ✦ **Dr Stacy Sims** – Exercise physiologist and one of the world's leading experts on female physiology, menopause and performance.
- ✦ **Dr Gabrielle Lyon** – Physician focused on muscle-centric medicine and healthy ageing.
- ✦ **Dr Abbie Smith-Ryan** – Researcher specialising in exercise physiology, body composition and women's performance.
- ✦ **Gabby Reece** – Former professional volleyball player, author and long-time advocate for strength and healthy ageing.
- ✦ **Amber Taylor** – Technology entrepreneur and health communicator who helps translate complex science into practical conversations.



Strength training isn't just about building muscle. It's about protecting your brain, maintaining independence, supporting bone health and investing in the quality of your future.



WHY IT MADE MY GG5

I love conversations that translate excellent science into practical action. This episode left me feeling informed, inspired and reminded that it's never too late to become stronger — for today and for the decades ahead.



HIGHLY RECOMMENDED.





My Favourite Winter Walk



Auckland Domain & Wintergarden Café

When I need to reset, reflect or simply soak up a bit of nature, the Auckland Domain is my go-to.

It's right in the city, yet feels a world away. Towering trees, quirky tropical plants, sea views with Rangitoto on the horizon and the peaceful Wintergarden – it's a gentle reminder to slow down and appreciate the beauty around us.

WHY I LOVE THIS WALK



Tropical & quirky plants
A lush escape in the heart of the city.



Stunning views
Rangitoto, the harbour and wide open skies.



Wintergarden
A hidden gem of calm and greenery.



Wintergarden Café
The perfect spot for a warm coffee or matcha.



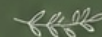
Easy & accessible
Beautiful any day of the week.

A walk that nourishes both body and mind. ♥



SLOW DOWN.
BREATHE DEEP.
BE PRESENT.

Winter is the perfect season for a walk that restores.



WALK DETAILS



LOCATION

Auckland Domain
Parnell, Auckland



TIME

30 mins – 1.5 hours
(or longer if you explore!)



DISTANCE

Variable – short loop to
longer scenic routes



Wrap up warm,
take your time
and enjoy the
winter magic.





GUIDED
GROWTH

GG5

WHAT I'M EATING IN WINTER



A WARM,
SAVOURY
START TO
STEADY ENERGY
ALL MORNING.



Shakshouka

SAVOURY & SATISFYING.

*Warm. Nourishing. Perfect
for busy mornings.*



A warming, savoury breakfast that fuels your day and keeps you satisfied for hours. Packed with protein, vegetables and healthy fats to stabilise blood sugar and support steady energy all morning. Perfect for a cosy winter start.



SERVES 4



PREP TIME 10 MINS
COOK TIME 25 MINS

NUTRITION PER SERVING

Fat 46.8g
Protein 41.9g
Carbs 19.8g
Fibre 7g

CALORIES 398

HIGH IN FIBRE • GOOD SOURCE OF PROTEIN

INGREDIENTS

- 1 tbsp olive oil
- 1 onion, diced
- 2 garlic cloves, crushed
- 1 red capsicum, diced
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 400g can crushed tomatoes
- 1 tbsp tomato paste
- Salt & pepper to taste
- 4–6 eggs
- Fresh coriander or parsley
- Feta or Greek yogurt (to serve)
- Sourdough or wholegrain toast (to serve)



METHOD

1. Heat olive oil in a large frying pan over medium heat. Add onion and cook for 3–4 minutes until soft.
2. Add garlic, capsicum, cumin and paprika. Cook for another 2 minutes, stirring.
3. Stir in crushed tomatoes and tomato paste. Season with salt and pepper. Simmer for 10 minutes.
4. Make 4–6 wells in the sauce and crack an egg into each.
5. Cover and cook for 6–8 minutes until eggs are just set to your liking.
6. Sprinkle with fresh herbs and crumbled feta, or add a dollop of Greek yogurt. Serve with toast.

*A hearty, savoury start
to power your day.*



GUIDED GROWTH
MIND • BODY • LIFE

Small steps. Steady growth. Lasting change.





What I'm Reading

*Books that educate, inspire
and expand the way I think.*



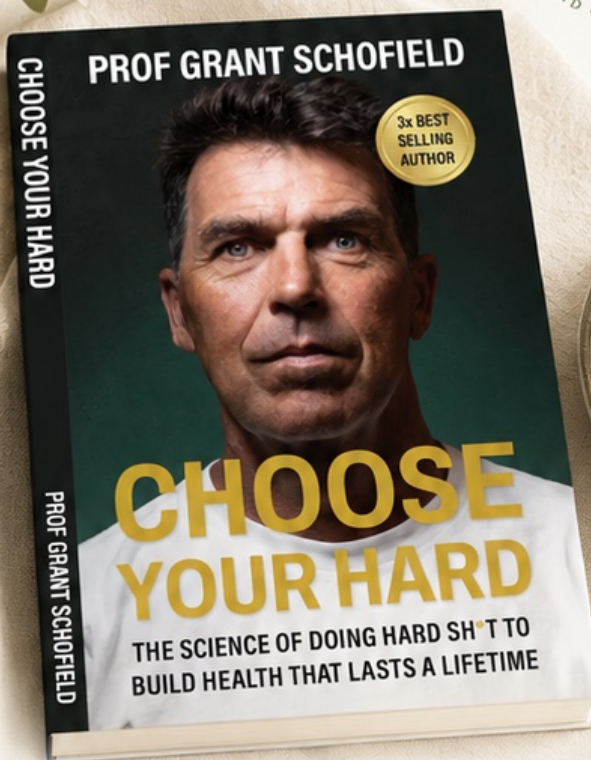
CHOOSE YOUR HARD PROF GRANT SCHOFIELD

One of the privileges of studying health coaching through PreKure was learning from Professor Grant Schofield. Grant has spent decades translating behavioural science into practical tools that help people make lasting changes to their health.

His latest book, *Choose Your Hard*, is built around a simple but powerful truth:

“

*Life is hard either way.
Looking after your health takes effort.
Living with poor health is hard too.
The question becomes...
Which hard will you choose?*



As a health coach, I love this message because it moves us away from chasing perfection and towards accepting that meaningful change always involves some discomfort. Whether it's getting out for a walk on a cold winter morning, preparing nourishing meals, lifting weights, or choosing an earlier bedtime—these small challenges build a healthier future.

One of Grant's greatest strengths is his ability to combine cutting-edge behavioural science with humour, honesty and practical wisdom. His writing reminds us that sustainable health isn't about willpower— it's about understanding how people really change.

“*The discomfort of healthy habits is temporary.
The consequences of avoiding them can last
much longer.*



HIGHLY RECOMMENDED.



WHY IT MADE MY GG5

This book is a timely reminder that meaningful change rarely comes from waiting until life feels easier. Health is built through small, consistent choices—especially on the days we don't feel like making them. It's a philosophy that resonates deeply with both my work and my own life.



What I'm Loving

A FEW THINGS THAT ARE
FUELING ME THIS SEASON

From nourishing food and beautiful moments
to products that bring people together,
here's what I'm loving right now.



HIGH PROTEIN KETO ROLLS

These rolls are a game changer!
High in protein, high in fibre,
no added sugars and 80% less
carbs than regular white bread.
Only 4.9g carbs per bun –
perfect for a nourishing,
balanced lifestyle.

*Fuel for the body,
freedom for the soul.*

LAVENDER SPRITZ BY ANTHEA

Light, floral and oh so refreshing.
Anthea's Lavender Spritz is
my new favourite – delicate
blackcurrant and real lavender
come together for the perfect
non-alcoholic treat.
Beautiful in a glass, even
more beautiful shared.



*A little lavender
magic in
every sip.*

PIZZA OVENS

Having a hard time deciding
which pizza oven to purchase
from Outdoor Concepts,
Parnell! Both are incredible
and would be such a dream
addition for creating delicious
memories around great food.



*Decisions,
decisions...
Can't wait for
the first homemade
pizza night!*



*Nourish your body,
delight your soul,
and share the good
things in life.*



NOURISH
What fuels
your body



ENJOY
What lifts
your soul



SHARE
What brings us
together

*Here's to the
things we love,
and the people we
love them with.*



Guided Growth

Community GG5

WE WANT TO HEAR FROM YOU!

Guided Growth is all about connection, inspiration and growing well—together.

Each season, I'll be featuring five favourites from our community in the GG5.

It might be a podcast that changed your perspective, a beautiful walk that feeds your soul, a go-to recipe, a book you couldn't put down, or something you're absolutely loving right now.

Share what's inspiring you! ♥



SEND YOUR GG5 PICKS TO:

Andrea.guidedgrowth@gmail.com

We'd love to hear a few sentences about why it's a favourite and how it's supporting you right now.



NEXT ISSUE

We'll be featuring *your favourites!*

In our next newsletter, we'll be sharing the top GG5 picks from our community.

Look out for ideas, inspiration and recommendations from women just like you.

I can't wait to see what you share. ♥

THANK YOU FOR BEING PART OF THIS JOURNEY
WE GROW STRONGER TOGETHER.

Andrea Hadden ♥



☘ A CUP OF CALM

Until Next Season... ♡

REST • RESTORE • REFLECT



Winter invites us to slow down.
To nourish ourselves with wholesome food.
To strengthen our bodies.
To seek moments of awe.
To reconnect with nature.
To make time for the people
who matter most.

Perhaps this week you might...



Enjoy a warming
turmeric latte
with a friend.



Read a chapter
of a good book.



Take a walk
somewhere beautiful.



Lift something
heavy.



Prioritise
an early night.



And before the week
is over, see if you can
find just one moment
of awe.

It might be a sunrise.
A favourite piece of music.
The laughter of someone you love.
Or simply a quiet cup of tea
looking out over a winter garden.
Sometimes the smallest moments
become the ones we remember most. ♡

Thank you for spending a little time with me.

I hope this first edition of the Guided Growth
Seasonal Journal has left you with one new idea
to try, one recipe to enjoy, one book or podcast
to explore, and perhaps a gentle reminder
to be kind to yourself.

*Until next season, take care of yourself
and the people you love. ♡*

Warmly,

Andrea Hadden ♡

Founder | Guided Growth



GUIDED GROWTH
Growing healthier. Living happier. Together.



Thank you for being part
of our community.
Until next season.

