



BREATHE CLEANSE IGNITE & CONNECT



SUPPORTING NDIS FAMILIES

Raise their capacity,
Calm their nervous system,
Regulate and reconnect with
themselves and their children, so
their whole family can thrive.

**Wellbeing support for plan and
self-managed NDIS participants.**

Delivered online Australia wide.



About BCI&C

At Breathe Cleanse Ignite & Connect, we provide safe, supportive spaces for individuals and families to build capacity, strengthen emotional regulation, and enhance daily wellbeing.

Our approach combines evidence-informed nervous system regulation strategies with person-centred support. We work collaboratively to help each participant develop practical skills, increase independence, and create meaningful connections, supporting progress towards their NDIS goals in a calm, empowering way.

Our Approach

- Breathe:** Calm the nervous system through grounding and regulation practices and therapies.
- Cleanse:** Gently clear stress and overwhelm, creating space for what matters.
- Ignite:** Empowering inner strengths, resilience and purpose.
- Connect:** Foster meaningful and sustainable connections within self, with family, and community.

Trauma-aware, online, and always at your pace.

Evidence Based Hypnotherapy, NLP & Timeline Therapy

NLP, Timeline Therapy and Hypnotherapy support participants to build emotional regulation, self-awareness, confidence, and resilience through evidence-informed, goal-focused sessions.

These gentle, guided approaches help individuals develop practical strategies for managing stress, communication, and relationships. By addressing unhelpful beliefs and strengthening positive behaviours, sessions promote lasting emotional balance and mindset growth.

Each session is tailored to the participant's unique needs and aligned with NDIS capacity building outcomes, supporting greater independence, wellbeing, and participation in daily life.

Who We Support

Neurodivergent individuals: Honouring unique sensory, emotional, and learning needs.

Parents & carers: Supporting those holding space for others

Sensitive souls: People who feel deeply and benefit from a gentle, attuned approach.

How we support NDIS participants

We can support you in three main ways, which are outlined on the following pages. If you require something else, please reach out to discuss further. We are here to support your NDIS goals.

1:1 Emotional Regulation & Nervous System Coaching

A collaborative session supporting emotional regulation, self-awareness, and capacity building. Tailored to participant goals, sessions focus on practical skills to manage stress, sensory load, and daily challenges of living with disability through a therapeutic approach.

Example Goals Supported:

- Building emotional regulation skills
- Manage stress, sensory overload, and daily challenges more independently.
- Increase confidence and engagement in structured and unstructured environments.
- Improved communication and self- and family advocacy skills

Duration: 60 minutes Delivery: Online via Zoom

Support Category: Capacity Building – Improved Relationships

Line Item: 11_024_0117_7_3 – Development Of Daily Living And Life Skills

1:1 Parent or Teen Support & Regulation Coaching

These sessions are designed to support the emotional wellbeing of parents or carers of neurodivergent children and teens themselves.

We focus on restoring balance, managing carer burnout, and building co-regulation strategies to help families thrive. Sessions honour your lived experience and offer practical, emotional, and mindset tools and therapies.

Example Goals Supported:

- Building capacity for daily living
- Navigating self advocacy and confidence
- Supporting relationship repair and co-regulation
- Strengthening capacity to meet parenting demands

Duration: 60 minutes Delivery: Online via Zoom

Support Category: Capacity Building - Improved Relationships

Line Item: 15_056_0128_1_3 - Enhanced Daily Living Skills

Small Group: Emotion Regulation and Connection Circles

A gentle, small-group container where participants can explore practices for self-regulation, intuitive connection, and emotional balance.

Each circle includes guided meditation, group discussion, and body-based strategies for feeling safer and more present in daily life. Separate groups for teen boys or girls, as well as a Parents group.

Example Goals Supported:

- Developing peer connection and self-regulation skills.
- Building capacity to manage transitions and emotions.
- Enhancing social confidence in a safe, non-judgmental space.

Duration: 60 minutes Delivery: Online via Zoom

Support Category: Capacity Building - Improved Health and Wellbeing

Line Item: 04_210_0125_6_1 - Assistance with Social and Community Participation



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How it works

We aim to make accessing support through BCI&C simple, collaborative, and empowering. Whether you're self-managed or plan-managed, here's what to expect:

1 Initial Connection

Start with a free 15-minute call to discuss your goals, needs, and NDIS funding.

2 Select Your Sessions

Choose between 1:1 online sessions (booked individually or in a block) or small group sessions (max 6). Together, we'll create a schedule that suits your availability, sensory needs, and personal goals.

3 Pre Session

Complete the client intake form. Download the Zoom app or use a web browser. Charge your device and log on early. Headphones may be helpful, but are not necessary.

Prepare your space, ensure you can sit in a relaxed position, and have privacy to talk freely.

4 Tailored Support

Each session is personalised to your current needs and NDIS goals. We use practical strategies like breathwork, nervous system education, and gentle capacity-building tools to support emotional regulation, confidence, and daily functioning.

5 Collaborate & Review

We'll keep communication open with you (and your support team if you choose), reviewing progress and adjusting supports as needed.



BREATHE CLEANSE IGNITE & CONNECT

Plan Manager Info

Business Name: Breathe Cleanse Ignite & Connect

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Billing & Payments

Invoices are issued per session or in agreed blocks.

Terms are 7 days from invoice date.

Services may be billed under Core or Capacity.

Item numbers and descriptions are included on each invoice to support easy processing.

Collaboration

We welcome communication with plan managers and support coordinators to ensure smooth invoicing, along with accurate reporting, and alignment with participant goals.

Service Example / NDIS Category

- Outcome focused, nervous system regulation:
Capacity Building/core - Improved Health and Wellbeing
- Support for overwhelmed parents and teens:
Capacity Building - Improved Relationships
- Guided meditations & sensory supports:
Capacity Building/core - Therapeutic Supports
- Group work / workshops:
Capacity Building - Community and Social Activities
- Managing stress, building confidence and resilience:
Capacity Building - Improved Daily Living



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