



Frequently Asked Questions

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Program

Program times

- The residential programs commence on Monday afternoon at 4pm.
- Participants are welcome to arrive and settle in after 1pm.
- The program finishes with lunch at 1pm on Friday.
- It is essential that participants complete the program as the final session is integral to the benefits you will receive.

Typical day

- While the program is quite intense there are generous rest times so that all participants can easily manage.
- Seating is conference style chairs and participants would need to be comfortable sitting in those for 6 hours per day, with breaks, of course.
- We begin the day with some gentle stretching and meditation from 7.30am-8.30am. This session is recommended but is optional.
- This is followed by breakfast which consists of cereals, stewed fruits, juices, porridge, toast and sometimes scrambled eggs.
- The first main session commences at 9.30am each morning.
- We have a half hour morning and afternoon tea followed by another session before lunch.
- The lunch break is from 1pm – 3.30pm. This allows participants time to integrate the information shared and to have a rest, a massage, a counselling session or go for a walk.
- It is worth bringing comfortable walking shoes and perhaps some wet weather gear as rain or mist is not uncommon.
- Two more sessions are completed before dinner at 6pm.
- There are optional sessions on some of the evenings.
- Generally, all program activities are concluded by 9pm at the latest.

What will I get from the program?

- Most people leave our programs with renewed confidence in their ability to meet the challenges they face. For some, this is a radical shift and they leave feeling inspired, empowered, uplifted, hopeful and more than capable of transforming their lives.
- You will find a safe, nurturing environment in which to begin or continue your healing journey.
- You will feel heard, acknowledged and affirmed.
- You will learn and practice a range of strategies and skills that will help you for the rest of time.
- You will leave with a perspective on life that will enable you to manage all stressful situations in a positive and productive way.
- You will know how to replenish yourself and you will feel deeply motivated to doing so.
- You will understand meditation and mindfulness and know how to incorporate simple strategies for establishing peace of mind.

- You'll rediscover your sense of humour if you've lost it and you'll have more fun than you can imagine possible.
- You will meet a great group of people who are all committed to finding peace, healing and resolution.
- There are seven people who work on our professional team with participants. These include facilitators, support people, yoga teacher, massage therapist and, on Healing Your Life, a counsellor.

How do I choose which program is right for me – Quest for Life or Healing Your Life?

- The **Quest for Life** program is specifically designed for people living with cancer or other serious illness and their loved-ones. This program has evolved over 25 years of working with tens of thousands of people with cancer and their families. It has grown out of Petrea's personal experience of cancer and her work as a naturopath, yoga and meditation teacher, support group leader and facilitator of thousands of programs.
- It is completely complementary to your medical treatment.
- The program covers all the issues we face when we find ourselves or our loved-ones diagnosed with cancer or other serious illness.
- This program helps people to regain control over their life and engage practically and creatively with their challenges.
- The science of cancer is presented in a fascinating and illuminating way.
- Meditation and mindfulness are the foundation of the program.
- Sleep, pain and other symptoms and side-effects are covered as well as family relationships, the biology of belief and communication strategies.
- The latest research on nutrition, exercise and neuroplasticity and the effects of mindfulness are presented in a clear, concise and readily available way by facilitators who bring a wealth of experience to the program.
- *If you are dealing with illness then Quest for Life is the best program for you.*
- Many people who have had cancer find the **Healing Your Life** program of tremendous benefit. Perhaps cancer is no longer the issue but the experience of illness has raised the deeper questions about your own existence and how you're living your life.
- The journey of cancer can leave us wondering whether we're in the right career or relationship or cause us to be dissatisfied with our life as it is.
- This program kicks starts you in a direction of profound healing and renewed commitment to living the life you came here to live.
- Sometimes the experience of cancer uncovers past traumas, disappointments or recurrent patterns that need awareness, resolution and healing.
- This program is also suitable if you feel your life is at a cross road or you want to liberate yourself from destructive or habitual patterns that keep you feeling 'stuck'.
- People living with loss, despair, depression, anxiety, OCD, chronic illness or grief will also gain greatly from this program if you are ready to reclaim your life and shed light for the path ahead.
- *If you are dealing with the consequences of having had an illness then Healing Your Life is the best program for you.*

What is Quest's cure rate?

- At the Quest for Life Foundation we don't talk about 'curing' disease – though many of our past participants have experienced remarkable healings or remissions.
- Our focus is on increasing a person's capacity for discovering profound peace of mind.
- A healthy mind in a healthy body will tolerate disease much more effectively. Peace of mind is not just a state of mind.
- The physiology of peace – when we feel loved, supported, capable, have healthy priorities, are able to forgive and let go and can respond to our challenges rather than react – creates a powerful healing environment in which our body will do whatever healing is possible.
- The force for healing is the most powerful force in the human body.
- We can actively harness the mind for healing and provide our bodies with nutrition and lifestyle choices that support improved health and healing.
- Amongst our past participants there are many who have had extended remissions from cancer or are now entirely cancer free when that was never expected.
- When we live in the 'peace that passes all understanding' we not only create the ideal environment for healing but, if physical healing is not to be our lot, then we still have peace and can let go of the physical body lightly when the time comes.

Will Petrea be on the program?

- Petrea generally attends all programs and facilitates some of the sessions. You will be informed if this is not the case.

Will Petrea's books and CDs be available during the program?

- Rainbow products and Petrea's books and CDs will be available during the program.
- It is highly recommended that you read a relevant book of Petrea's before attending a program in order to gain the most benefit.
- Petrea's books and CDs are available from the online shop at www.questforlife.com.au
- You are welcome to pay by cheque, money order, cash or Mastercard or Visa.
- Petrea is happy to sign books when available.

Will there be any conflict with my medical advice and treatments?

- The Quest for Life Foundation does not give medical advice and our programs are not an alternative to medical care.
- We encourage participants to continue taking whatever medication they have been prescribed and encourage them to talk with their prescribing doctor before making any change.
- Our programs are based on the latest research into neuroplasticity, mindfulness meditation, nutrition and exercise.
- We specialise in a holistic approach that encompasses the mind, body and spirit.
- Many of our referrals come directly from oncologists and Cancer Councils throughout the country.

What if I don't want to talk in front of the big group?

- Many people have a fear of speaking in front of a group of people and this can be particularly so if we have to talk about emotionally challenging issues.
- The guidelines that we put in place at the beginning of the program ensure a safe and nurturing environment for all participants.
- Our four guidelines include confidentiality, 100% listening, no judgement and staying with our feelings rather than our theories.
- No one is forced to say or do anything and participation is entirely voluntary.
- Obviously, the more you participate, the more you will get out of the program.
- You will find the atmosphere to be a warm invitation to your presence, just as you are.
- There will be ample opportunity for small group work in which you may feel more comfortable to share your story.
- There are support team members on all our programs who can also offer gentle assistance and one on one time if needed.

Will the program discourage my religious beliefs or practices?

- The Quest for Life Foundation programs are based on the latest mind/body research and understanding.
- This research supports a spiritual perspective on life which is non-religious.
- Our programs are non-denominational and we support people in developing their spirituality in their own unique way.
- People's religious and spiritual practices are actively supported by the program.
- Spirituality is not dependant on religion and people who have a religion may not necessarily be spiritual.

What treatments do we provide?

- Massage therapy and counselling are offered to participants on our residential programs at an additional cost.
- Our massage therapists have all undergone post-graduate training in working with people with cancer and other significant illnesses. You are encouraged to discuss your particular needs with the therapist.
- Massage therapists charge \$75 per hour for massage or \$40 per half hour.
- A counsellor will be available on our Healing Your Life programs. Quest counsellors are highly trained and experienced and have years of experience working on Quest programs.
- Counsellors charge \$100 per hour.
- On some programs counselling and/or massage is made available to participants through a special grant.
- Payment needs to be made directly to the therapist or counsellor in cash or by cheque as our therapists don't have credit card facilities. ATM's can be found in nearby Bundanoon.

What if I need to rest during the day?

- There is ample time in the middle of the day for you to rest. We provide a two and a half hour lunch break so that participants can have a rest, go for a walk or attend a massage or, on HYL, a counselling appointment.

What do I wear during the day?

- Comfortable, casual clothing is recommended for all sessions in the program. The Southern Highlands can be quite changeable in its weather and we strongly suggest that you bring a long sleeved cover up – even in summer.
- Winter is cold but the rooms and building are cosy.
- Make sure you bring warm clothing if you are attending a program between March and October.

At what stage in treatment is it best to come?

- This depends very much on the individual and your own energy levels. Many people have attended programs when first diagnosed, during treatment or when their illness is advanced. All are welcome so long as they are able to care for themselves independently throughout the program and sit in comfortable conference chairs for up to six hours a day.

What follow up is done after the program finishes?

- You are welcome to call and speak with the Program Advisor after attending a program if you need reminding or support in implementing what you have learned on a program. There is also a moderated on-line forum that past participants are welcome to access to share experiences, ask questions and gain support.

Carers

Can I bring a carer? Can they participate?

- You are welcome to bring a carer with you.
- The carer may (or not) attend a program depending on appropriateness.
- You and a carer can share a room.
- If attending the program, the carer pays the full amount of the program.
- If the carer isn't attending the program their cost will be for meals and accommodation only.

Should I bring a partner or loved one?

- By all means, so long as it won't interfere with your own process. If you feel that a relative or friend will inhibit what you might say in the group, then you may be best to come alone or have the person stay with you but not attend the program.
- Many people find the time away sharing the program together to be a profoundly enriching experience.

Financial

Cost of Programs

- The Quest for Life Foundation is committed to conducting programs within the financial reach of everyone. Sponsored places are made available on all our residential programs through the support of the NSW Health Department and the Foundation's donations and fundraising.
- Costs are based on twin-share ensuited rooms and some single rooms are available.
- The cost of the program includes all accommodation, meals, fresh juices and the program itself.

What subsidies are available?

- The Quest for Life Foundation is committed to making programs available for as many people as possible. Quest relies on donations, fundraising, bequests and a grant from the NSW Health Department to provide sponsored places for people who have a health care card or pension number.

- We believe it is important for all participants to make a financial contribution to their attendance in a program.
- Some participants have sought financial assistance to attend our programs through family members and friends, their local church, various community groups such as CWA, Can Assist groups, Rotary, Apex, Lions clubs or the Cancer Council.
- The **Dust Diseases Board** will pay all costs for you and your family/partner to attend a Quest program if you suffer with mesothelioma, asbestosis or other asbestosis related illness.
- In some situations, where participants do not have a health care or pension card, sponsorships can be made available for people in financial hardship only after approval.
- You will need to speak with our Program Advisor and explain your circumstances.
- Please state the reason you are in need of assistance, what your financial circumstances are and nominate the amount that you can contribute. This will then be discussed with the Program Advisor before a place can be made available for you on a program. There are limited places on our programs for sponsored participants and we cannot guarantee a place on the next available program.
- You are welcome and indeed encouraged, to speak with our Program Advisor about your needs.

How much will I have to pay?

- The Quest for Life Foundation is committed to making our programs available to anyone who needs them. However, we have limited funds from donations, bequests, fundraising and grants and need to allocate these funds appropriately.
- You will need to pay the full amount for the program unless you have a health care or pension card or have spoken with the Program Advisor.

Payment details

- Your place is secured on a program once your deposit is confirmed.
- A deposit of \$300 is required for the five-day residential programs.
- \$100 of that is non-refundable.
- The full deposit can be transferred to another program within 6 months if necessary.
- The full agreed amount must be paid 2 weeks prior to attending the program.
- The Quest for Life Foundation accepts payments through Mastercard, Visa, cheques, money orders and direct deposits in our bank account – details below:

Account Name: Quest for Life Foundation
BSB: 082-723
Account Number: 45750 0670

Is there an ATM nearby?

- Bundanoon has ATMs available.

Can I Claim on my health fund?

- At present our programs are not covered by any health fund.

Travel

How to get to Bundanoon

- Bundanoon is in the beautiful Southern Highlands of NSW half-way between Sydney and Canberra.
- It is accessible by train and the Centre is within walking distance from the station.
- Road directions can be sent giving detailed directions from Sydney, Canberra or the coast.
- Many participants arrive by plane in Sydney and book a limousine service provided by Bowral Limousines (02 4861 5333) or the Bowral Airport Shuttle (02 4872 1651).

Accommodation

How many in a share room?

- Generally rooms are twin-share. We have limited single rooms available. We will do our best to accommodate you with someone around your own age.

Are linen and towels supplied?

- All linen and towels are supplied.

Are the steps at the Centre?

- There are a few steps between the main accommodation and dining areas and the conference room.
- You will need to be able to manage the stairs unassisted and walk 100 metres with ease.

Are the rooms heated and cooled?

- All the rooms are heated and cooled through individually controlled units in each room.

Food

Food and dietary requirements

- Please let us know your specific dietary needs and we will do our best to accommodate them.
- Occasionally participants have particular needs for special foods that are difficult to procure in the Southern Highlands and we encourage you to bring them with you, including vegetarians. Please discuss your specific needs with our Program Advisor.

Medical

Medications

The Quest for Life Foundation is unable to supply you with any pain relief or other medication.

- Please make sure that you bring an ample supply of any medications with you or a prescription.
- You may want to bring Panadol or the equivalent with you if you normally suffer with headaches or other pain.
- There is a pharmacy in Bundanoon.
- It is essential that you remain on any prescribed medication throughout the program.
- The only person who can advise you about your medication is your prescribing doctor.
- The Quest for Life Foundation does not condone or permit the use of illegal drugs during the program.

Is it OK for me to come if I have a cold?

- The Quest for Life Foundation is keen to provide a safe environment for all participants.
- Some people are immune compromised because of their illness and might be more susceptible to colds.
- We ask people to transfer to another program if they are unwell so that they cannot infect other participants.

Is there a doctor or hospital nearby?

- The GPs in Bundanoon are exceptionally supportive of our participants and will generally be available if necessary. The doctors are close by to the Centre.
- The closest hospitals are Bowral Public Hospital and Southern Highlands Private Hospital. Both are a ½ hour from the Centre.

What if I need oxygen, dressings changed or a syringe pump attended to by a community nurse during my stay?

- You will need to arrange with the local community nurses to have any medical procedures attended to **before** you attend the program.
- Our staff are not equipped to undertake these procedures.

What if I need help to get showered and dressed?

- Our program teams are fully committed with their responsibilities and are unable to assist with showering or dressing.
- You are welcome to bring a carer to assist you with these things and he/she can either attend the program as a full paying participant or pay a reduced amount to cover just their meals and accommodation.
- In order to benefit from the program you will need to be able to sit up to 6 hours a day in a conference chair.

Children

Can children participate?

- The program is generally not suitable for children under the age of 16. Occasionally exceptions have been made after conversations with both child and parent/guardian.

Is there childminding available?

- The Quest for Life Foundation is unable to provide child care.
- Children sometimes stay at a nearby Motel with a relative or carer while the parent attends a program. This enables them to have meals together and for the children to be tucked into bed at night.

Program fee inclusions

Residential Programs

- 5 day week or 3 day weekend program and course material, all meals and accommodation. Massage or counselling sessions are optional and available at a small additional cost payable directly to the therapist.

A day with Petrea King

- 1 day seminar and morning tea. Please bring pen, paper and your own lunch or there are cafes nearby.

Booking and Cancellation policy

Residential Programs

We require a \$300 deposit to secure your booking for a 5 day residential program and \$150 for a weekend residential program. This includes a \$100 **non refundable** booking fee that is not refunded unless your program is cancelled by us. The balance of your payment is due 2 weeks before the starting date of your program.

If you wish to cancel your booking, we will refund you as follows:

- Less than 7 days prior to the program commencement date - 50% of your total payment will be refunded.
- More than 7 days prior to the program commencement date - your total payment, less \$150 non-refundable deposit will be refunded.

If for any reason you have doubts about being able to attend or are too unwell to attend, you can transfer to another program within a 6 month period from the time of payment of the deposit.

A day with Petrea King

Full payment is required at the time of your booking and includes a \$10 **non-refundable** booking fee. Your payment and booking fee is not refunded unless the seminar is cancelled by us.

If you wish to cancel your booking, we will refund you as follows:

- Within 48 hours of the commencement of the seminar - **no refund** will be given. If you are unable to attend, you may transfer your booking to another person or to the next scheduled seminar. Please notify us of your intent.
- More than 48 hours prior to the commencement of the seminar - we will refund your payment less \$10 booking fee.

Please note

All information included in any of our publicity is correct at the time of going to press, and is subject to change. Whilst every effort is made to provide the programs and seminars as advertised, we do not accept liability for:

- Cancellations or changes caused by low bookings, unavailability of staff, unavailability or suitability of venue, or any situations beyond our control or subsequent to participation in one of our programs.
- Participants' medical or psychiatric conditions which may exist or which may arise during or subsequent to participation in one of our programs.
- Loss of, or damage to, personal property of our participants