

# Nourishing Routes Online Compassioneer Academy

8 Weeks to Breaking Free  
from **Disordered Eating**  
through Learning how to:

*Love Food*

*Adore Your Body*

*Become Your Authentic Self*



Over 12 Hours of  
Online Content  
*Accessible 24/7*



**48 x Videos**



**23 x Audio  
Presentations**



**40 x Activities  
and Key Points**



**Social Value  
Winner**



**Created by Marissa Pendlebury  
(MSc; BSc; MBPsS; PGdip):**

**Author, Public Speaker, Eating Disorder Coach and  
Founder of Nourishing Routes** - An Award Winning  
organisation that empowers individuals to recover from  
disordered eating, live more compassionately and develop  
lifelong positive relationships with food, mind and body



**Who is the Compassioneer Academy for?**

Anyone who wants to successfully break free from disordered  
eating or a diagnosable eating disorder (e.g. anorexia, bulimia,  
binge eating), chronic dieting, or a less than loving relationship  
with food and body, so that they can reach their full potential



# Did You Know ?

**>95% of Dieters  
regain lost  
weight + more  
in 1-5 years**



**9/10 teenagers  
and women feel  
unhappy with  
their body**

**UK Dieting  
Industry is  
worth  
>£2 billion**

**1 in 4 people  
are currently  
on a  
diet**

**>25% of 7 year  
olds have been  
on a  
diet**

**1.8 million people in the  
UK are affected by  
Eating Disorders,  
costing  
>£15 billion / year**



**Most Women make  
4-10 weightless  
attempts / year,  
resulting in  
decreased  
self-esteem**



**Eating Disorder  
sufferers lose  
£9500 / year due  
to travel and  
taking time off  
work or education**

**Dieting can Increase  
risk of Eating Disorders  
by 300%**



# What is the Vision and Why was this Academy Created?

## Nourishing Routes Believes That:

- There is so much more to a happy and healthy life than rigidly counting Calories or following faddy diets and fitness regimes
- Recovery from disordered eating and a poor relationship with food and body is fully possible
- It is key to live more compassionately through loving yourself from the inside out, and follow your own unique routes to authentic wellbeing

## This Academy was Created:

- Drawing upon > 10 years of personal experiences fully overcoming anorexia nervosa, body dysmorphia and depression, as well as research in positive psychology, nutrition
- To help empower as many individuals as possible to reach full recovery from any form of eating disorder or poor body image, so that they can truly Nourish, Flourish, Thrive and become the amazing person they were born to be

*“ Marissa speaks with great wisdom, passion and clarity about a unique message that has the power to inspire and help so many people across the planet ”*

## Why Should I Take this Course and What are the Benefits?

### I Want To:

- Start Real Recovery from an Eating Disorder / form of Disordered Eating
- Learn to love and trust my body regardless of my weight or appearance
- Become part of an empowered community who live more compassionately through taking more time for loving self-care and following their own life path
- Develop a lifelong positive relationship with food, and reconnect with all the fond memories and culture that are connected to what I eat
- Stop chronically dieting, counting Calories, obsessing about food, or feeling a sense of guilt and shame around what I do and do not eat
- Engage in activities that fulfil me as a human being and allow me to reach my full potential while also being able to help/show compassion to others
- Experience greater love and happiness within my personal relationships and the type of work and career I pursue
- Be inspired and empowered to achieve my dreams and live life to the fullest

*Compassioneers are individuals who love themselves from the inside out, have a positive relationship with food and body, and take steps to help themselves and others lead a more compassionate lifestyle*



# About the Creator: Marissa Pendlebury

(MSc; BSc; MBPsS;  
PGdip)

*"I have a passionate mission to help empower individuals and communities to lead a more compassionate lifestyle - without being held back by a negative relationship with food and body "*



After spending over a decade suffering from anorexia nervosa, orthorexia, depression and being hospitalised >5 times, I was able to find a completely unique route to recovery that involved learning the art of self love and finding my own routes to happiness and health (that didn't involve hating my body, investing in expensive superfood powders, or striving to be a perfectionist!).

I made it my life mission to study and research nutrition, psychology, eating disorders and health sciences, so that I could go on help millions of others who shared similar life experiences and also wanted to find a more holistic route to recovery - that isn't based on judging weight, numbers or physical appearance.

Along this journey, I was able to realise that there was so much more to wellbeing than following faddy diets and fitness regimes. I could also see that so many women and men were falling into the trap of basing their self-worth on their appearance and what they didn't eat. This sparked the concept development of Nourishing Routes and its 10 key elements of wellbeing, the concept of becoming a compassionate, and eventually an entire book, blog, website and this comprehensive online academy.

I have several years of experience mentoring, counselling and coaching both young and middle-aged adults with poor mental health, low self esteem, eating disorders and chronic illness. I also invest much of my time in public speaking, academic research and writing, as I believe that it is my life purpose to share the inspiring philosophy of Nourishing Routes around the globe so that other individuals can also learn how to truly nourish, flourish and thrive.

## *My Qualifications include:*

✦ **Nutrition & Health Sciences (BSc)**

✦ **Psychology (MSc, MBPsS)**

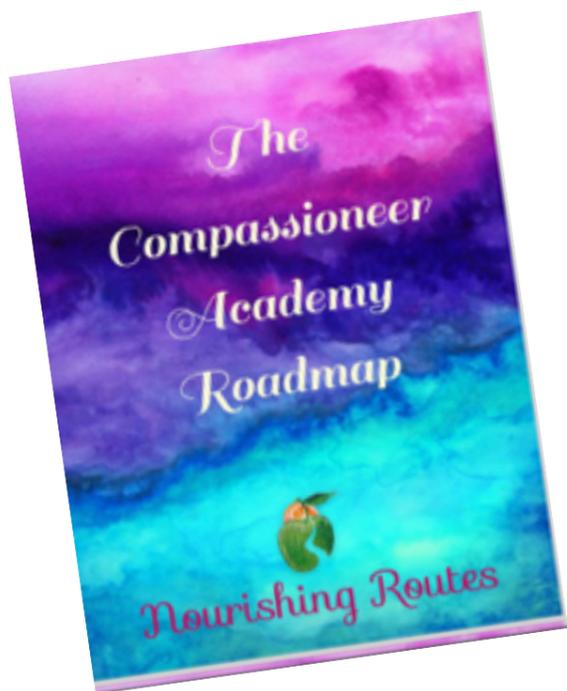
✦ **Public Health and Addictions (PGdip)**

✦ **Counselling (Cert)**

*"My evidence based approach is rooted in positive psychology, compassion, health at every size, body positivity, the anti-diet movement and holistic methods of eating disorder recovery"*



*“The Nourishing Routes  
Compassioneer Academy  
has hugely enabled me to  
finally recover from my  
eating disorder and love my  
whole body. For the first  
time in years I feel  
complete freedom around  
food and can take part in  
activities I never thought  
possible !”*



# How Long is This Course and How is it Delivered?

8 weeks of online and downloadable multi-media content

(accessible anywhere 24/7) that can be completed at your own pace



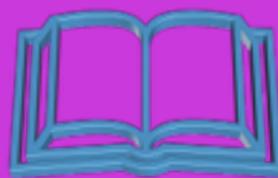
48 x Videos



23 x Audio Presentations



40 x Activities and Key Points



1 x Compassioneer Roadmap

## Will I Need Any Specific Materials or Software ?



All content can be accessed online, anytime, anywhere, using a computer, tablet or mobile phone  
Personal notes and Activities can also be completed in a separate journal / notebook of your choosing



*“I Would definitely recommend Marissa and this Nourishing Routes Compassioneer Academy to anyone looking to become inspired, grow positive self-esteem, develop a healthy relationship with food and follow their dreams”*

# Why Trust ME to Help You?



*“ Apart from being 100% passionate about developing and sharing the Nourishing Routes philosophy across the globe I have >10 years experience of walking in your shoes and dancing the same dance of self loathing and restrictive eating.*

*Unlike the majority of professionals working with eating disorders, I can completely understand where you are coming from, and also what its really like to experience real recovery through to learning to love food, adore your body and become your authentic self. I’m ready and equipped to fight this battle with you every step of the way, so that in time you too can find freedom, live life to the full and become your own recovery warrior ! ”*

## But Don't Just Ask My Opinion ...

*Marissa is by far one of the most inspiring and compassionate young ladies I have ever met. Her passion shines through so brightly, and I can't thank her enough for how much she has helped me to address and overcome my own negative relationship with food and body.*



*Marissa shares a very refreshing and much needed message within the Compassioneer Academy. It is totally unique and revolutionary for us women who have learned to hate ourselves and base our self worth on what we eat, weigh and our appearance. Marissa has been so patient, caring and truly understanding of my personal experiences. In one word, she's AWESOME!!!*



# This Compassioneer Academy is Definitely For You if You Want to:

- ✦ Make huge leaps forward on your journey towards eating disorder recovery
- ✦ Love yourself from the inside out (at any shape, weight or size!)
- ✦ Trust your inner compass and your body
- ✦ Become critical of the diet and fitness industries that have exploited your insecurities
- ✦ Break free from rigid diet and fitness regimes
- ✦ Learn the art of Compassion-Eating
- ✦ Throw away the body scales or anything that makes you feel unworthy and unlovable
- ✦ Diminish obsessions around Calories and 'clean eating'
- ✦ Tap into the real key elements of happiness and health, and develop lifelong positive relationships with food and body
- ✦ Become a Compassioneer
- ✦ Venture along the path that has been designed for you to reach your full potential



*“It is truly fantastic and inspiring to see what Marissa has achieved through developing Nourishing Routes and the Compassioneer Academy. Its unique and compassionate message has the power to help so many people across the globe to overcome disordered eating and many other life challenges”*



# Course Content : Timing and Weekly Modules

<b>8 weeks</b>	 <b>4 hours</b>	 <b>3 hours, 40 mins</b>	 <b>&gt;6 hours</b>
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<b>Intro &amp; Week 1</b>	<i>Introduction to the Nourishing Routes Compassioneer Academy</i>	<b>1 hour, 24 mins</b>
<b>Week 2</b>	<i>Compassion and Self-Compassion</i>	
<b>Week 2</b>	<i>Living Compassionately and Becoming a Compassioneer</i>	<b>1 hour, 6 mins</b>
<b>Week 3</b>	<i>A Compassionate Relationship with Food</i>	<b>1 hour, 4 mins</b>
<b>Week 4</b>	<i>Overcoming food Fear and Embracing Compassion-Eating</i>	<b>43 mins</b>
<b>Week 5</b>	<i>Weighty Issues and Body Positivity</i>	<b>1 hour, 5 mins</b>
<b>Week 6</b>	<i>Adoring Your Body and Becoming Your Authentic Self</i>	<b>42 mins</b>
<b>Week 7</b>	<i>Ending the War on Yourself</i>	<b>43 mins</b>
<b>Week 8</b>	<i>Creating Loving Environments and Relationships, while Growing Your Own Tribe of Compassioners</i>	<b>55 mins</b>



# Module Outlines and Insights



## Intro

### *Introduction to the Nourishing Routes Compassioneer Academy*



x 6

Right before embarking on Week 1, I'll warmly introduce you to Nourishing Routes, and all of the core concepts that underpin this uniquely empowering philosophy that will enable you to develop ways of growing positive relationships with food and your body



x 2

I'll additionally introduce you to myself, and share some of my personal experiences of using Nourishing Routes as a tool to successfully overcoming anorexia, body dysmorphia and depression. This will enable me to describe why I am so passionate about Nourishing Routes and this online Compassioneer Academy.



x 1

I'll further outline my own Nourishing Routes' journey and how it has helped me to live the amazing life I now love. Ultimately, this Introduction will give you the drive and inspiration to embark on your very own unique Nourishing Routes journey



## *Compassion and Self-Compassion*

## Week 1

Week 1 is about taking your very first compassionate steps to becoming a Compassioneer and learning to love yourself from the inside out.

Together we will cover how there is more to health than food and exercise, as well as assessing your own current perspective on what health means to you. There will also be vital content that introduces you to the core concepts of the Nourishing Routes philosophy (Called the 10 Key Elements of Nourishing Routes).

Our aim here is to get you in gear for what the rest of this Compassioneer Academy holds in store for you and your self-development in learning to love food, adore your body and become your authentic self.



x 4



x 2



x 3

## Week 2

## *Living Compassionately and Becoming a Compassioneer*



Week 2 enlightens you about the importance of compassion and self-compassion in the pursuit of health and happiness - including developing a positive relationship with food, mind and body.

We also discuss the evolutionary roots and importance of compassion, as well as how times are now changing for us in ways that endorse creating a more compassionate world to live and thrive in.

I will additionally introduce the life changing of becoming a Compassioneer more fully, which is a vital component of this Academy and what you can hope to gain and achieve from it.

Finally, we will identify what your own current wellness and life goals are, focussing on the nature and quality of them. We can then look at how you can make your goals as authentic as possible, as well as how to interlink them to this academy and the actionable steps we will be taking throughout the forthcoming weeks.



## *A Compassionate Relationship with Food*

Week 3 extends our understanding of compassion to food, and how we can develop positive and loving relationships with what and how much we eat. We'll explore how what we eat symbolises more than just food and nutrition, alongside the psychological, cultural as well as physical needs that food plays an important role in fulfilling.

There will be critical discussions around the myths surrounding dieting and weight, as well as opportunities to ask some important questions, such as:

- Is healthy eating actually consuming you ?
- What is orthorexia, other than a condition where individuals are obsessed with healthy eating ?

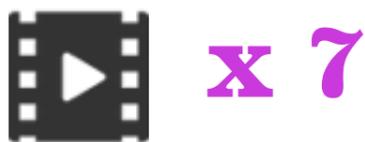
Our aim throughout Week 3 is to develop a more critical mindset around what many of us have been made (force fed) to believe around food

## Week 3



## Week 4

## Overcoming Food Fear and Embracing Compassion-Eating



x 7



x 2



x 6

Week 4 gets more practical and hands on with improving our relationship with food - especially with regards breaking free from disordered eating, as well as any negative thoughts and behaviours around what we eat.

Together we'll tackle fears around food, unnecessary dieting trends, and how you can find joy and holistic wellbeing (rather than guilt and shame in emotional eating).

We'll additionally talk about both good and bad times with food, and how there are actually no such things as good, bad, clean, dirty or super foods.

Crucially, for those of you who have struggled with rigid diets and exercise regimes, there is a whole section in this week dedicated to the truths behind Calorie counting and how we can learn to live a more fulfilled life that doesn't depend on obsessively controlling them.

There will be discussions around the concept of 'Compassion-Eating', and how we can use it to love food, adore our bodies and reach our full potential - even if this results in FULL recovery from any form of eating disorder.

Finally, there will be an opportunity for you to learn about and practically wisdom through creating your own 'Compassion-Eating' meal plan.



## Weighty Issues and Body Positivity

## Week 5

Week 5 draws our attention to Compassion with our physical bodies, and how our health and happiness lie in our minds and souls - not just our body weight.

There will be innovative content on how Every Body is a Good Body, as well as the path that leads to a fulfilling life filled with body positivity. We'll get practical with your own relationship with your body, so that you can get underway with finally showing yourself some body love.

We will additionally dive into a critical discussion about weight stigma, feeling fat, and how to use our own knowledge and inner wisdom to break free from fat talk (the topics of conversation that disempower and harm many more people than they actually help!).

Finally, we'll delve into the topic of pleasurable movement and how to develop more loving and compassionate ways to exercise that don't involve faddy fitness regimes.

Our ultimate aim within Week 5 is to aid our understanding of how our bodies are worth more than what they weigh, or their shape, appearance or the food that gets placed inside of us.



x 6



x 3



x 6

## Week 6

## *Adoring Your Body and Becoming Your Authentic Self*



x 6



x 3



x 4

In Week 6 there is an even deeper journey into our mindset about our bodies. We'll find new inspiring ways to develop a mindset of self-compassion rather than self-comparison with our bodies.

We will also introduce the vital topic of body trust, and how many of us have been led away from having the faith to trust in our amazing bodies.

You will learn how you can dispel and ward off any negative beliefs or behaviours that have led you away from body trust, so that you can learn to trust no body but your own body.

Using several activities that aim to develop body trust, you will be lovingly invited to write a letter for trust and forgiveness to your body, so that you can now enter into a renewed and powerfully compassionate relationship with it.

Finally, there will be enlightening talks on the power of living life as your authentic self, as well as how to place you in the gear of self-love that enables you to 'Be-Dazzle' your way to happiness, health and complete peace with your body.



## *Ending the War On Yourself*

## Week 7

Drawing upon your growing wisdom of self-compassionate living, and the art of becoming a Compassioneer, Week 7 is based on taking steps to end the war of self hate so many individuals have battled with for so long.

We will get to the nitty gritty of why we have learned to quantify our self worth, and instead find ways of how we can eradicate those tendencies in order to venture forward with creating peace and love with our whole selves - inside and out.

You will have the opportunity to develop your very own morning self-love ritual, as a way of stepping into your day from a place of compassion rather than hate, guilt or shame.

There will additionally be two enlightening talks about how to live your life in the flow lane, as well as how to harness and unleash your inmate creativity into the world for the benefit of yourself, others and even the whole planet.

The whole of Week 7s content ultimately aims to deeper our wisdom and understanding of compassionate living, so that we can be even more empowered to become the person we were born to be, while spreading this newfound perspective throughout us and all around us.



x 4



x 2



x 5

## Week 8

### *Creating Loving Environments, Relationships and Growing Your Own Tribe of Compassioneers*



x 5



x 2



x 5

Week 8 empowers you to use the philosophy of Nourishing Routes and becoming a Compassioneer as a way of learning your best, most authentic and fulfilling life - as well as helping others along the way too.

We will discuss how to apply the concepts of self-compassion both to our work and loving relationships, enabling both key areas of our life to flourish and thrive

We will additionally look at how you can break free from negative triggers and toxic relationships in your life, so that you can live your own most self-compassionate life without feeling held back by others or distressing life circumstances.

There will be amazing activity based on the idea of dating yourself, as well as a step by step guide on how you can create your very own tribe of Compassioneers with the individuals and resources around you. The more Compassioneers, the more beautiful and empowered we and our planet becomes as a whole !

Finally (and arguably most importantly), you will be offered the chance to take a life changing Compassioneer Pledge. By reading and signing up to the empowering statements within the Compassioneer pledge, this is one of the most empowering acts that you can utilise as a way of unconditionally providing yourself with the love and care you deserve.

The Compassioneer Pledge also acts as a physical way of feeling more committed to your personal goals and life mission of developing more authentic love for food, your body, yourself and the whole planet.

Following this final section, we will sum up our incredible journey , and open up the door for you to go on, flourish, thrive in the most unique and beautiful way you were born to

*Love Yourself From the  
Inside Out*





*“Marissa speaks with great wisdom, passion and clarity around this message - a message that is completely her own and can help so many children, teenagers, young adults and older people alike”*



# How to Navigate the Compassioneer Academy

- ✦ All of the content within the academy will be accessible through an online platform, containing multimedia including videos, audio presentations, an activity booklet and key note files
- ✦ The academy is set out over 8 weeks, in addition to an introduction section, and can be completed at your own pace, anywhere, anytime, 24/7. All you will need is to have access to the internet and a device such as a laptop, mobile phone or tablet
- ✦ Each week takes around 1 hour to complete, with an additional 30 mins to 1 hour set aside for you to complete any designated activities and/or read through the key notes provided.
- ✦ The way the academy is set out is easy to follow, and will guide you on to the next stage of the course with ease once each section is completed
- ✦ Throughout the course, you will have access to a Compassioneer Roadmap - a >100 page booklet containing all of the activities to be completed throughout each week. These are easy to follow, with clear instructions, and can be completed in a separate journal or notebook of your choosing
- ✦ Each time that you log into the academy, you will be able to see and track your progress, so that it is easy to see where you are up to and what needs to be completed
- ✦ All file formats within the course are either video mp4 or pdf, but they can still be accessed on the online course regardless of whether your computer has media to support them. Everything works quickly and with ease through the online platform, and it will not take up any space on the device that you use.
- ✦ During the course, you will have access to our private Compassioneer Tribe Facebook group, so that you can share your thoughts, feelings and inspiration. You will also be able to obtain positive and compassionate peer support from other Compassioners and course members.

# Frequently Asked Questions & Answers



*How long will I have access to the online academy materials for?*

When you have purchased the course, you will then have unlimited access to the whole Compassioneer Academy. This means that there are no expiry dates, so you can continue to access all of the materials 24/7 for an unlimited period of time - beyond the 8 weeks that the academy runs.

*How much time do I need to dedicate to the academy each week?*

The answer to this question varies between members, depending on the amount of free time they have spare. However, most tend to spend between 1 to 2 hours per week watching the videos and audio presentations, with a further 30 minutes to 1 hour spend completing the provided activities within the Compassioneer Roadmap. To obtain the best possible benefits and outcomes of the academy, it is best to dedicate as much time as practically possible. You can also spend some time interacting with other members of the academy within the Compassioneer Tribe Facebook Group.

*Will I require internet connection to access the academy?*

Yes, you will initially require the internet to access the academy, but once some files will be downloadable so that you can use them without the internet.

*Can I use this academy as an alternative to my usual therapy or any medication*

Although this Compassioneer Academy can be significantly helpful for anyone with a negative relationship with food and body, or a diagnosable eating disorder, it is recommended that you continue to receive any therapy or medication you currently use or have been advised to by your doctor / therapist.

*Can I contact anyone to ask any questions while in the Academy?*

Yes, you can contact our services directly at [nourishingroutes@gmail.com](mailto:nourishingroutes@gmail.com) and also through asking questions directly through the online Nourishing Routes Academy



