



HUMBER

Centre for Innovation
in Health & Wellness
Centres of Innovation Network

**Sessions begin in January 2024.
Secure your spot today!**

Register today to work with your own personal student Wellness Coach

The Centre for Innovation in Health and Wellness (CIHW) is excited to offer free, personalized 1:1 wellness coaching sessions to Humber faculty and staff.

These coaching sessions are tailored to your holistic well-being so that you can achieve your unique health and wellness goals with a strengths-based, non-judgmental approach.

Enjoy participating in a minimum of 5-8 (or more) wellness coaching sessions from January to April 2024 led by Humber's Wellness Coaching Graduate Program students.

“My coach was
incredible and
provided far more
support and insight
than I anticipated”
-Client A

Some of the areas that can be covered under Wellness Coaching include:

- Creating work-life balance
- Stress Management
- Self-care
- Healthy eating/nutrition
- Developing a positive and healthy mindset
- Making positive lifestyle changes related to physical, mental, and emotional well-being.



For questions and to register, contact us at cihw@humber.ca