



HUMBER

Centre for Innovation
in Health & Wellness

Centres of Innovation Network

Spaces are still available!
Secure your spot today by emailing
cihw@humber.ca

Register today to work with your own personal Student Wellness Coach

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

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

Wellness sessions are conducted weekly or bi-weekly led by Humber's Wellness Coaching Graduate Program students. The students can help you with achieving your goals related to physical, emotional, social and overall well-being.

82% of clients shared they had a very good to excellent experience

Some of the areas Wellness Coaching students can help include:

- Creating life balance
- Learning how to take advantage of personal strengths and talents
- Developing and maintaining a positive and healthy mindset
- Stress Management
- Self-care
- Making positive lifestyle changes related to nutrition, physical activity, and/or sleep



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