

Wellness Coaching

HUMBER WELLNESS COACHES CAN HELP YOU DEFINE SPECIFIC GOALS RELATED TO YOUR OVERALL HEALTH AND WELLNESS, AND IDENTIFY AND IMPLEMENT ACTIONABLE STEPS TO ACHIEVE YOUR GOALS.

USING A STRENGTHS-BASED AND NON-JUDGMENTAL APPROACH, HUMBER WELLNESS COACHES WILL ASSIST YOU IN PURSUING GOALS RELATED TO PHYSICAL, SOCIAL, EMOTIONAL, RELATIONAL OR SPIRITUAL WELLNESS.

IS WELLNESS COACHING RIGHT FOR ME?

IF YOU WOULD LIKE TO FOCUS ON ANY OF THE FOLLOWING, YOU MAY BENEFIT FROM WORKING WITH A WELLNESS COACH:

- STRESS MANAGEMENT
- SELF-CARE
- DEVELOPING AND MAINTAINING A POSITIVE AND HEALTHY MINDSET
- CREATING LIFE BALANCE
- LEARNING HOW TO TAKE ADVANTAGE OF PERSONAL STRENGTHS AND TALENTS
- MAKING POSITIVE LIFESTYLE CHANGES RELATED TO NUTRITION, PHYSICAL ACTIVITY, SLEEP

Click Here to Register

Or go to: <https://forms.office.com/r/RPBWf32T3N>

Questions: thewellnessconnection@humber.ca



Scan Here