

# Wellness Coaching

The Centre for Innovation in Health and Wellness (CIHW) is accepting registrations from faculty and staff for free Wellness Coaching sessions starting in January 2025.

Led by the students in Humber's Wellness Coaching Graduate Program, Wellness Coaching uses a strengths-based and non-judgmental approach to support individuals in achieving their goals.

## Wellness Coaching can help you set and achieve goals related to:

- Stress management/self-care/creating life balance
- Developing and maintaining a positive and healthy mindset
- Taking advantage of personal strengths and talents
- Positive lifestyle changes related to nutrition, physical activity, and/or sleep



**Sign-up to secure your place  
for January 2025**



[cihw.online/WellnessCoaching2025](https://cihw.online/WellnessCoaching2025)