

## TRANSFORM YOUR LIFE WITH OUR 10-WEEK WELLNESS COACHING

Join our expansive 10-week coaching program designed to enhance your well-being through the proven principles of the wellness wheel. This comprehensive program offers personalized coaching, free resources, and holistic wellness strategies to help you set and achieve meaningful goals. This is for individuals as well as companies.

START FROM  
**\$1500**

### UNLOCK A HEALTHIER, HAPPIER YOU!

### WHAT'S INCLUDED

- (1) 15-minute Pre-program Private Coaching Session
- FREE VIA Strengths Assessment Results
- Develop S.M.A.R.T. Goals
- Weekly Personalized Coaching Sessions
- Resources
- Holistic Wellness Strategies
- Goal Setting and Accountability
- Supportive Community
- Weekly Wellness Buddy



BOOK NOW

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## THE WELLNESS WHEEL FOCUS AREAS

- **Physical Wellness:** Boost your energy and vitality for life.
- **Emotional Wellness:** Cultivate resilience and emotional intelligence to handle life's challenges.
- **Social Wellness:** Build meaningful connections and a supportive network.
- **Intellectual Wellness:** Expand your knowledge and creativity through stimulating activities.
- **Spiritual Wellness:** Find inner peace and purpose through mindfulness and reflection.
- **Work/Life Balance:** Create a harmonious relationship with your inner and outer worlds.
- **Career Wellness:** Achieve work-life balance and career satisfaction.
- **Financial Wellness:** Develop smart financial habits.

## WHY JOIN US:

- **Expert Coaches:** Learn from experienced professionals dedicated to your success.
- **Community Support:** Be a part of a like-minded community focused on growth and wellness.
- **Transformation:** By focusing on an area each week you will make progress towards achieving your own personal potential.

A BREAKDOWN OF YOUR

### PAYMENT OPTIONS

<p style="font-size: 2em; margin: 0;">1</p> <p style="font-weight: bold; margin: 0;">\$1500</p> <p style="font-size: small; margin: 0;">PAY IN FULL</p> <p style="font-size: x-small; margin: 5px 0 0 0;">Enjoy a 50 upfront discount</p>	<p style="font-size: 2em; margin: 0;">2</p> <p style="font-weight: bold; margin: 0;">2 X \$775</p> <p style="font-size: small; margin: 0;">PAY IT YOUR WAY</p> <p style="font-size: x-small; margin: 5px 0 0 0;">Enjoy Flexible Payment Terms</p>
FULL PAYMENT	INSTALLMENT OPTION

**Are You Ready to Start Transforming Your Life?  
 Sign up today and take the first step towards a healthier,  
 happier you!**