

Wholistic Wellbeing Coaching

Heal your past, know yourself, create a fulfilling future

Wellbeing coaching is an innovative and integrative approach that focusses on facilitating the health of your whole being – physical, emotional, psychological and spiritual. It includes:

Spiritual Wellbeing:	authentic spiritual connection and practice
Mind Wellbeing:	release anxiety and create calm
Emotional Wellbeing:	understand the positive intention of all feelings
Psychological Wellbeing:	free yourself from past trauma and live proactively
Physical Wellbeing:	apply the self-care that you know would benefit you.
Relational Wellbeing:	develop creative relationship
Work Wellbeing:	align with your values in the workplace
Community Wellbeing:	make your positive contribution

Bespoke

Weekly, fortnightly or monthly coaching to meet your tailor made needs
£40 per hour or £60 for 1.5 hours

VIP

One day retreat at Bella Vista for in-depth work in the tranquil and holding surround of the sea to include

- 2 x 1.5 hour coaching sessions plus 30 mins consolidation: £125
- Overnight stay in sea view room with breakfast: £75

This can be standalone (£200) or followed up with 6 face to face or phone sessions at an additional £240.

TRANSFORM an issue: A 6 week programme to transform a particular issue or support you in a specific project.

6 x 1 hour sessions face to face or on line or phone: £240

