

This is Where We Learn to Fly...

Wellness Coaching

One-on-One Support

Wellness Coaching empowers, vitalizes, and promotes personal responsibility of health, vitality, and well-being. You will work with a wellness coaching professional for structure, support and feedback to experience lasting change with tips on nutritional awareness, moving, breathing, and many more of the 12 dimensions that keeps a person whole.

Proven indicators show that by engaging in a proactive approach to life, people are self-empowered and move forward in healthier, more productive ways.

You will engage in a process of inquiry and personal discovery with your coach to build awareness, self-responsibility and personal power as it relates to health and wellness.

Deliverables

Twice Monthly 60-90 Minute Sessions

Unlimited Emails

Self-Assessment Reports

emWave Technology Assessment

Disclaimer: This program is not in place of the care of a doctor, a medical professional or healthcare provider. Please contact your doctor for any medical concerns or questions you may have pertaining to your health.

This is where we learn to fly...

The Dove House

Healing & Wellness Beyond Recovery

734.707.8416

www.thedovehouse.org