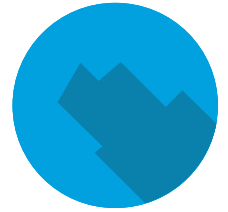


Health Coaching



A proven, personalized health and wellness telephonic coaching program designed to motivate and empower you to embrace a holistic wellness philosophy that may include weight loss, increased energy and improved self-confidence.



- Are you ready to make some healthy lifestyle changes but unsure of where to start?
- Are you looking to take a holistic approach to your health and wellbeing after fad diets have left you feeling fatigued and unable to focus?
- Do you find yourself suffering from a lack of energy and burnout?

Our certified Health Coaches at Employee Wellness provide you with the motivation and support you need to develop and implement healthy techniques in your daily routine, bringing balance back into your life. In order to establish behavioural changes, our Health Coaches teach you to hold yourself accountable, empowering you to make healthier choices.

If negative beliefs and attitudes are preventing you from making progress towards your health goals, our Health Coaches are here to help shift these attitudes to the positivity necessary to create lasting change.

www.employee-wellness.ca

Call us at 1-800-505-4929 (toll free)
604-872-4929



EMPLOYEE WELLNESS
good thinking