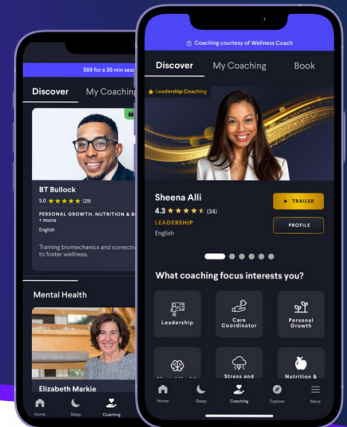


COACHING SOLUTIONS

Designed to bring your team support in all areas of life and wellness.



Why is coaching important?

Providing employees with access to coaching is crucial in supporting their personal and professional development. Coaching empowers individuals to navigate challenges, set and achieve goals, and develop the skills necessary for success, both in their careers and in life.

With Wellness Coach, you can offer a wide range of expert coaching services in essential areas such as:

- Leadership Coaching
- Personal growth
- Mental health
- Career growth
- Stress and anxiety management
- Nutrition and body image
- Parenting
- Financial wellness
- Fitness
- Relationships
- Yoga
- Grief
- Fertility & more...

By addressing these critical aspects of well-being, you not only equip employees to manage stress and improve their overall health, but also create an environment where they can thrive, leading to greater engagement, productivity, and retention across your organization.

[Book a demo](#)

Available where you work:



COACHING SOLUTIONS



Personal Coaching: Designed to bring you personalized support in all areas of life, Wellness Coach's adaptable personal coaching is:

Accessible: These live, 30 or 60-minute sessions take place on the Wellness Coach platform, so you can easily schedule and join from your mobile device, desktop, or Teams app.

Whole Person: With 15 categories to choose from, you only need one app to improve on all areas of wellness—from mental health to fitness, to sleep, nutrition, finances, fertility, and more.

Personalized: Your coach guides the interactive discussion and provides expert advice based on your unique situation and needs.



Ruth Your AI Coach: Your personalized coaching through Ruth, our AI-powered coach.

Access anytime: Ruth is available 24/7 to provide you with personalized coaching and support whenever you need it.

Multilingual support: Ruth can communicate with you in over 100 languages, ensuring that you receive coaching in a language you're comfortable with.

Customized guidance: Ruth offers customized advice based on your wellbeing goals, progress, and preferences. Whether you need advice on exercise, nutrition, or mindfulness, Ruth has you covered.



"Meg is an amazing coach. She is positive, encouraging, and so funny!"



COACHING SOLUTIONS



Group Coaching: A supportive and collaborative workplace coaching experience that helps your team achieve their wellness goals and unlock their growth potential.

Shared learning: Fostering collaboration, creativity, and allows for a cross-pollination of ideas, leading to deep understanding and problem-solving within the group.

Types of group coaching: Live workshops and meditations, on-demand enterprise-specific group coaching sessions by request.

Collective growth: Unlocking the potential at the team level, elevating and accelerating productivity, growth, and organizational success.



Leadership Coaching: Expert Guidance on various topics to develop leadership potential.

Partner with expert leadership coaches to:

- Career Development and Goal Setting
- Improved Self-Awareness and Confidence
- Personalized Feedback and Insight
- Enhanced Leadership Skills

Leadership Coaching is a gateway for Wellness Coach users to learn professional skills from the best. Our roster of seasoned leaders from a multitude of sectors are not just mentors, but catalysts for your professional evolution.



"Love Corene's [the coach's] demeanor and approach - very relatable, comforting, and encouraging!"

