

Here's What's Happening in Wellness Coach This November!

This November, Wellness Coach is helping individuals show up with purpose and take ownership of their personal growth. The theme for the month is **“Own Your Story by Living with Purpose”**, an invitation to reflect, realign, and move forward with clarity and intention.

At the heart of this month's programming is the **“Discover Your Why” Challenge**, guiding participants through simple daily prompts to help uncover personal values, strengths, and aspirations.

Explore what's planned 📌

🧩 November Challenge: Discover Your Why

📅 November 9 – 15, 2025

This 7-day reflection challenge invites participants to explore what energizes them, what they excel at, and what matters most. Each day builds toward crafting a personal “why” statement that serves as a foundation for how they live, lead, and grow.

👉 [Join the Challenge](#)

📅 17 Live Events

🔄 Workshop: From Auto-Pilot to Intentional Living

📅 November 17 @ 3:30 PM ET | Coach TBD

👉 [Register here](#)

🩺 Workshop: Preventive Health Tips for Men

📅 November 20 @ 12:30 PM ET | Coach TBD

👉 [Register here](#)

🤝 Let's Talk: When You're the One Everyone Leans On

📅 November 19 @ 3:30 PM ET | Coach TBD

👉 [Register here](#)

🎉 Also happening this month on Wellness Coach:

In honor of **Men's Health Awareness Month** and **Diabetes Awareness Month**, Wellness Coach will offer themed resources and live events that support prevention, resilience, and mental clarity.

💬 For support or technical assistance: support@wellnesscoach.live

Live with purpose and reconnect with what truly matters, this November with Wellness Coach.