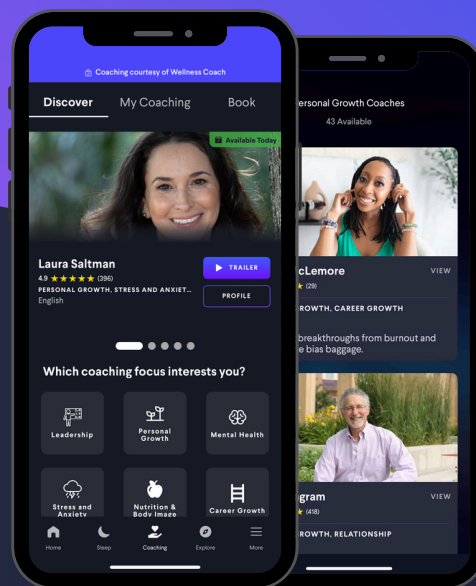




Unlock Your Potential with Personal Coaching!

Whether you're working on wellness goals, need help with parenting, fitness, financial advice, or want someone to talk to, this service is here for you.



Book a Personal Coaching Session Today!



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THE APP



Discover how one-on-one coaching can transform your wellness journey.

Why is personal coaching important?

Personal coaching offers expert, confidential guidance tailored to your unique goals. Whether you're looking to improve your mental health, reduce stress, build healthy habits, or advance your career, our certified coaches are here to support you every step of the way.

With guidance available in 30+ languages, Wellness Coach makes it easier than ever to get help in the areas that matter most to you

Booking sessions is easy!

- 1 Find the coaching section** on the home screen or in the navigation bar, tap "Coaching".
- 2 Explore by category**, choose the topic that best fits your focus area like nutrition, stress, or career growth.
- 3 See coach profiles**, rating scores, credentials, and a short bio to find your best fit.
- 4 Book a session**, scroll to the calendar on their profile to view availability and book directly in the app.
- 5 Once you book**, you'll have the option to add the session to your calendar, and shortly before your session, you'll receive an email with your access link.

Our coaching areas include:

- Personal Growth
- Mental Health
- Stress & Anxiety
- Nutrition & Body Image
- Career Growth
- Financial
- Parenting
- Yoga
- Relationships
- Grief
- Fertility
- Physical Therapy
- Weight Management

& more...

Ready to take the next step in your journey?

Book Today!

Questions? Contact support@wellnesscoach.live

