

Each week we'll cover a different topic. As we move through each topic, information shared will allow you to evaluate and decide how to map out your own personal self-care plan. You'll receive tools and templates each session to guide you through this process. With coaching and guidance, each week will provide opportunities to improve your health and wellness through a committed action or actions you determine. One step at a time, you'll begin to transform your life just as you imagined!

Change

Why is change so hard and motivation so fleeting? How do unhelpful thought patterns hinder your efforts? To kick off our first week, we'll start by learning how to form new habits, maintain motivation, address unhelpful thought patterns, and set yourself up for success as you begin to create your own self-care plan.

Nutrition

Are you at risk for a chronic health issue? What part do your genes play? Explore how the conventional modern diet contributes to chronic disease and what you can do to avoid/reverse chronic disease. Discover how to make empowered quality food choices to nourish your body and promote optimal functioning.

Exercise

This week we'll delve into how regular movement, like walking, positively affects many systems of your body, how to find that "sweet spot" that ensures you get enough, but not too much physical activity and ways you can incorporate movement into your daily routine.

Enjoyment

What does play mean to you? What's the difference between a distraction and true enjoyment? We'll be examining why it's important to prioritize play, how often you should play and ways to include play into your life, just for the fun of it.

Destressing

Chronic stress promotes disease. We will turn our focus on learning how to identify your own unique stress response, internally and externally, in order to reduce its negative effects on your life. Together, we will practice and identify strategies that aim to eliminate chronic stress and that improve your well-being.

Sleep

Why do you sleep? Is it okay to nap? Explore what happens to your body when you sleep and how sleep deprivation can destroy your overall health. You will define quality sleep and learn its indicators, as well as strategies to set-up the environment to improve your sleep quality.