



CHANGE COACHING
AUSTRALIA



WELLNESS COACHING

LIFE IMPROVES WITH CHANGE

CHOOSE A TIME THAT SUITS YOU

Scan the QR Code to view our timetable
55 and 85 minute timeslots available



WHAT TO EXPECT

Your life is strongly influenced by the way you think and feel. Wellness coaching will help to improve the quality of your life, support your personal growth, encourage you to create a positive life vision, help you adapt your mindset and implement strategies for achieving your vision and goals.

Wellness coaching is not therapy (although people experience therapeutic benefit), however it is a useful tool when you feel stuck or lacking direction and particularly helpful for those navigating weight loss and chronic health conditions.



AUTUMN PACKAGES

Starts: May

Ends: October

No joining fees or memberships



SPRING PACKAGES

Starts: November

Ends: April

New starters may join at any time

www.changecoachingaustralia.com.au