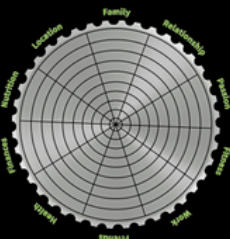




CHANGE COACHING AUSTRALIA

BENEFITS OF WELLNESS COACHING

- ❖ Improve your health, nutrition, fitness and relationships
- ❖ Live in alignment with your core needs, beliefs and values
- ❖ Expand your comfort zone
- ❖ Maintain healthy choices
- ❖ Stretch your current thinking
- ❖ Maintain optimal health
- ❖ Embrace new ideas and challenges with curiosity
- ❖ Breakthrough barriers and limiting beliefs
- ❖ Make important decisions with ease
- ❖ Achieve short and long term goals



SERVICES

Our services include Personal Training, Shared Personal Training (Padwork, Speedball, Strength and Rucking), Flower Therapy, Allied Health Case Management, Wellness Coaching and Retreats.

PRIVATE STUDIO

Our private boutique studio is located on Nullarbor Ave Harrison, near Mullion Park, with convenient free parking on Encounter St Harrison. You will experience modern leafy decor, well maintained quality equipment and medical-grade germicidal lighting, anti-bacterial disinfectant fogging and air purification. Appointment based access allows a high standard of service, hygiene and safety.

CONTACT US

Scan to connect and we will be in touch!



www.changecoachingaustralia.com.au

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