

Jumpstart your Wellness



Ready to take your health and well-being to the next level? Our *Jumpstart your Wellness Program* may be what you are looking for. With the support of a certified life coach, our program uses a comprehensive online, self-directed approach to support behaviour change. You will have access to an online wellness handbook, healthy living tools and resources and objective and goal setting exercises.

Be fit, healthy, and feel great!

- **Not sure where to begin?** You can start with a readiness for change questionnaire along with objective and goal setting exercises, from there our certified coaches work with you to develop a personalized plan.
- **Can't stick with 'healthy' resolutions?** The Wellness Workbook provides support with both preparation and planning, along with other lifestyle considerations and exercises all geared to developing new behaviours you can stick with.
- **Want to focus on specific areas of need?** Our experts can help you take a holistic approach to address your needs and improve your overall health and well-being.

- **Need to support other lifestyle changes?** Maybe you've made or are considering an important change. Committing to a 30 day comprehensive program can be the boost you need to succeed. Common areas of change include but are not limited to: Weight, Eating Habits, Physical Health / Levels of Exercise, and Work Life Balance.

One call is all it takes to get started.

Life Smart Coaching empowers you with the information and support you need to take a comprehensive approach to behaviour change. We make it simple to get started and guide you step-by-step. When you call our Client Services Centre, here's what you can expect:

1. We ask a few questions to make sure you receive the customized service that will be most helpful.
2. We arrange consultation with a certified coach to begin the process with a readiness questionnaire and objective and goal setting exercises, outlining a self-directed personal plan for success.
3. You also receive online tools and resources including a Jumpstart your Wellness Workbook, and expert tips on healthy lifestyles and exercise.

Life Smart Coaching services are offered over the telephone. If you ever feel uncertain or overwhelmed, about any issue, we can also arrange counselling. Counselling services can be offered face-to-face, over the phone, through video, or online.



Life Smart Coaching can help you take a holistic approach to health and wellness.