



BEING CHECK IN



COACHING GOALS

Self-Compassion: Learn strategies to be less hard on yourself, reduce judgment, overthinking and overcome perfectionism.

Workload Management: Discover techniques to manage your workload effectively and balance work-home life.

Healthy Habits: Empower yourself to create and sustain long-term healthy habits.

Biohacking Trends: Explore the latest trends to supercharge your life and optimise your health for longevity.

Boundary Setting: Develop skills to set better boundaries, allowing you to show up for yourself and make better wellbeing choices.

Our one-on-one confidential, personalised wellbeing coaching sessions are designed to proactively support you in navigating the unique and complex challenges of work and life.

WELL AUDIT

Foundational Pillars: We check in on key aspects of your wellbeing, including sleep, movement, nutrition, connection, stress management, financial wellbeing, emotional regulation, and recovery.

SESSION DETAILS

Duration: 30-minute session with Camilla. **Follow-Up Support:** Receive resources and follow-up email support to keep you motivated and on track.

These sessions will leave you feeling hopeful and motivated, ready to tackle whatever challenges you face with renewed energy and resilience.