
Wellness Coaching

Who would benefit?

Would you like pro-active options for people who are worried or stressed? Are people feeling disillusioned during this time of change? Is low morale impacting on staff performance?

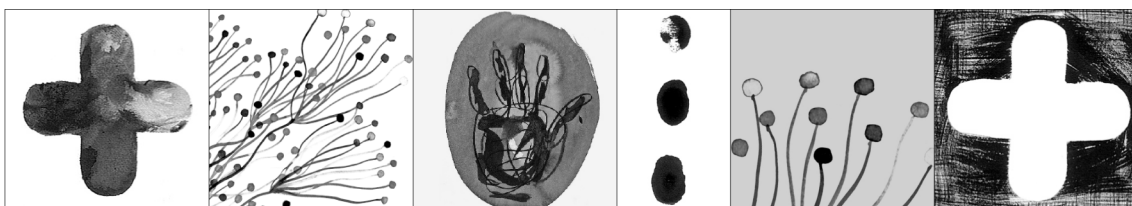
Stress is a natural part of living, yet too much stress is hazardous to our health. The effects are well documented including ill health, absenteeism, anxiety, pessimistic thinking, relationship difficulties and poor performance. Wellness coaching enables people to respond to stress, setbacks, uncertainty and disappointment in new and positive ways. This not only benefits the individual, but their work and their wider family and networks.

What is wellness coaching?

Wellness coaching helps people to build resilience and develop the skills to deal with personal and professional challenges. For example during coaching people will-

- Discover and prioritise what is important to them (both at work and at home) and align their actions with these.
- Strike a balance between their work and other aspects of their life that's right for them at this time
- Alter the way they think and respond to situations in order to be more resourceful and effective
- Know their strengths and passions and how to apply these to gain greater joy and satisfaction in their life

Through coaching, people are able to develop healthier habits, experience greater relaxation and confidence, and change attitudes and beliefs that hold them back from achieving greater wellness, happiness and success.





How does it work?

Wellness coaching is about change: changing the way we think and what we do in order to achieve the results that a person requires for their physical and mental wellbeing. It is tailored to the individual and their needs, goals and learning style.

Like a sports coach, where the profession originally came from, a coach not only provides the skills you need, but also with on-going support, feedback and motivation to achieve the changes identified. The individual is able to check their 'fit' with the coach and expectations of the relationship during the first session.

The first session is a 90-minute assessment interview with your coach. The discussion includes the challenges the individual currently faces and what they want to be different as a result of the coaching. From this session needs, issues and goals are identified and a personal written programme is developed to reach the desired outcomes. This will be between four to eight one-on-one coaching sessions.

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