



LIV WELLNESS

Recharge ♦ Lead ♦ Flourish

HOPESPARK_(TM) ***RECHARGE.LEAD.FLOURISH***

8-week Health Coaching PROGRAM

“Faith- Belief that it is possible; Hope- “Belief that it is possible, for you”-Dr. Anita Phillips

Do the demands of leadership at work and at home feel overwhelming, draining, like you are stretching too thin, running out of energy to give?

It is possible for you to increase your capacity to handle it all with less overwhelm; to replace the fear that you're about to break, the feeling empty and disconnected, the aches and pains- with lasting energy, joy, purpose, meaning and flourishing in your Body, Mind and Spirit.

How?



This 8-week Health Coaching program is designed to help you get centered on what matters to you. Through small shifts in the foundational pillars of health, we work on bringing harmony across your whole-person wellbeing, in a way that is rooted in your values. We plug the energy drainers and multiply your internal energy and drive so you have the capacity to handle more, with joy and resilience.

You unlock a deep well within that you can continue to draw on to sustain your capacity; like a spring whose waters never run dry.

Through the reset phase, we set the stage for you to immediately start rewiring new healthier habits that you can integrate into your ongoing lifestyle.

With the strong foundation built from this program, you will gain confidence in your ability to make space to design a meaningful life through small consistent shifts in the foundational pillars of health, that you can integrate into your daily life moving forward. Upon this healthy foundation, you can layer all other personal development and growth, while still flourishing holistically.

The group coaching feature is designed to connect you to others, so you feel supported and empowered, not alone in your challenges. You can also go through the program individually.

From this overflow of hope, may you have the energy you need to show up as your healthiest self at all times; more capacity, more joy, more meaning in life and less fear no matter your external circumstances.



Who is the Program For?

- Women Executives 35+
- Team leaders, Department Leaders
- Moms juggling motherhood and entrepreneurship
- Women navigating a significant identity shifting life transition
- Leaders taking part in other leadership development programs, and looking for a Health-centered component

Objectives

Week 1- Clarifying Your Values, Strengths and Purpose

- Strengthen YOUR CORE, know yourself and be self-aware, so you can truly “BE YOU” and enjoy it!
- Establish your true north or center, your starting point from which you can truly assess whether you’re living well.
- Pivot with less fear, because you’re rooted and centered in a stable foundation.

Week 2- Prioritizing Positivity

- Know and be able to easily access what brings you joy and energizes you.
- Begin to think about your plan to bring positive emotions into your life daily.
- Have a clearer sense of your vision for an ongoing energy-giving lifestyle.

Week 3- Rethinking Stress

- How to minimize the energy-drain of stressors beyond our control
- Reframe your story and mindset regarding stress.
- Understanding the science of, and taking advantage of the body’s natural stress response

Week 4- Designing Healthy Habits that Stick- Nutrition, Sleep, Movement and all aspects of Whole-person Health- Body, Mind and Spirit

- Understanding the science of Behavior change
- Know how to apply the behavior science to tailor tiny habits into your life situation, so you can become the person in your ideal wellness vision.
- Get clearer on your goals.
- Beginning of 30-Day Health Reset phase-An opportunity to pause and notice. It will involve swapping foods and habits that don’t serve you for those that are more nourishing, noticing patterns on how these swaps affect your energy, mood, sleep, digestive health, mental clarity and tracking so you have insights on how to build a healthy life long-term.

Week 5- The Bigger Picture-From Small Habits to Health Transformation

- ACT! Through the guided 30-Day Health Reset, continue to take action on your goals in line with your values.
- Feel confident even when things don't go perfectly and be able to pivot and stand firm when self-doubt comes. As you build more capacity and momentum through tiny shifts, transform your health in a lasting way

Week 6 &7- Office hours

- A built-in opportunity for coaching on challenges that come up until this point, Q&A, discuss experience with others, it's a space to assess and course correct where needed

Week-8 Reflections and Graduation!

- Recap of lessons learned
- Look back and see your gains, celebrate yourself, self-compassion.
- Have resources and community with which to confidently continue your wellness journey.

Delivery- 90 minute weekly virtual sessions. Sessions 6 &7 are 1 hour.

Investment- Group Cohort Coaching- \$497/person-get your friends together and let me guide you

1:1 Private Coaching- \$1200

Corporate/Organizations that have more than 20 participants- \$249/person up to 60ppl, \$199 above 60 ppl, capped at 100 ppl

Interested? Sign up [HERE](#) for the waitlist. Email olivia@livwellnesscoaching.com with any questions or to find out about payment plan options

www.livwellnesscoaching.com

