

Health and Wellness Group Coaching Program

- Sunday Arrival:** welcome refreshment and dinner
- Breakfast:** 8am - 9am
- Group Coaching:** is on Monday, Tuesday, Wednesday and Thursday from 9am to 1pm with a 20 min break at 11am
- Lunch:** is served from 1pm to 2pm
- Afternoon activities:** are from 3 to 6pm and are prepared to encourage additional participation in the wellness concept. Walks, 1 hour fun exercise with Tatiana and the original 'keep fit travel kit', massage, yoga, adhoc conversations with the coach, small 'homework' exercises, reading and more. These activities are in addition to the wellness week and can be organized in advance with your coach.
- Dinner:** is served from 7 to 8.30pm
- Departure:** is on Friday morning and represents entering 'Phase III'
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SESSION ONE: Acknowledging Our Strengths

Welcome

Participant Introduction, Coach Introduction
Groundwork and confidentiality
Goals (why we are here, what do each of us contribute?)
The Coaching approach: components used in coaching
The 'Wheel of Life' Exercise and discussion

Acknowledging Our Strengths
Table Discussion 1 and 2
Group Discussion 1 and 2
Energizer: Exercising our perspective

SESSION TWO: Crafting the Wellness Vision

Morning Energizer
Why form a personal vision?
Developing a compelling health vision
Examples of health visions

Individual work
Group Discussion
Connecting our strengths to what we value most
Debrief and summary

SESSION THREE: Setting Your 'SMART' Goals in health

Morning Energizer (stretch)
Distinguishing types of goals
Defining and selecting goals
Characteristics of goals that work for you
Coach Demonstration

Pair discussion
Group Discussion
Debrief and summary - what have we learned?

SESSION FOUR: Sustainable Habit Change

Morning Energizer
The 5 stages of Behavior change and how to use them
Resources that Sustain and Enrich Life
Three keys to Change

Overcoming Obstacles and steering a clear course
Strategies for Success - group work
The High performance pyramid and life balance
'Putting it all Together'

Q&A with your coach

Please Note:

Program is subject to minor changes, additions and, as always, incorporation of new elements geared to produce breakthrough results