



Session description:

With the strength of the 'collective whole', we will create a space where we can enhance momentum often left behind on our 'New Years Resolutions' list. We will look at becoming more aware and understanding ourselves, and then accepting without judgement. We can then enhance skills needed to feel stronger and happier. With a renewed commitment to self and accountability to our wellness and the 'tribe', we can enjoy the benefits of living true wellness.

We will address those life-things that we are often struggling to navigate through; providing you with 'tools' to be strong, happy and calm. We will discuss what proactive wellness can look like, and with our TRIBE we can explore our:

T: truth R: realness I: intuition B: beliefs E: equanimity

Tribe; a social division sharing common beliefs and interests.

Let's work together to invite mindfulness, wellness and fun into our everyday.

~Another wellness enhancement program developed by JMJ Coaching~

Who?

Women who want to add momentum to their wellness goals, while supporting others in theirs.

What?

-Explore topics of social, emotional and mental wellness

-Be introduced to various tools enabling and supporting continued wellness

-Benefit from the wisdom of the collective whole (tribe)

-Learn coping skills for stress, anxiety and worry.

When?

8 sessions- every 2 weeks for 1 hour

Where?

310 Haslam Cres

Saskatoon, SK

Rates:

\$160 for 8-sessions