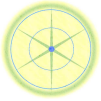
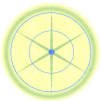


## WHY WELLNESS COACHING?

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“I’ve set up lots of fitness plans and I do really well for a couple of weeks but then I always seem to lose interest.”



“I want to look at my unhealthy eating habits. I know that I am an emotional eater.”



“I know that I need to lead a more balanced life but I need help getting started.”



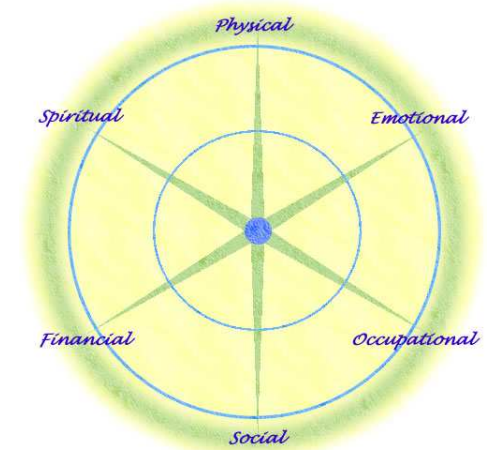
“I have so much stress in my life right now—I know it is impacting my quality of life...”

**Continuum Wellness Coaching can HELP!**



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**WELLNESS COACHING SERVICES**

## WELLNESS COACHING

Continuum offers **Wellness Coaching Services** to assist individuals wanting to live healthier, better balanced lives. Individuals that use wellness coaches have a greater likelihood to commit to change and be successful in making and maintaining positive lifestyle changes.

### When should I call Continuum's Wellness Coach?

A wellness coach can be very helpful once you have decided that you want a healthier, more balanced and more fulfilling lifestyle and are ready to set up your goals.

### What are the Wellness Coaching Services?

Continuum's Wellness Coach can assist individuals wishing to make healthy changes in any aspect of their life. Services include:

- Goal setting to focus on setting realistic, achievable and measurable goals.
- Trouble shooting to help you identify the barriers to change and set up strategies to overcome these barriers.
- Assessing and establishing support resources.
- Initial coaching contact to set up the goals and plans
- Up to 3 follow-up contacts to encourage and monitor success.
- For your convenience, you may choose the telephonic and/or online coaching options.

### Is there a fee for Wellness Coaching?

Continuum EAP services are available to you and your family at no cost as part of the benefits you receive from your employer.

*“Wellness coaching is a positive and supportive relationship between the coach and the person who wants to make a change. It is that connection or relationship that empowers the person being coached to recognize and draw on his or her inner resources to make lasting changes to improve well-being.” -- Jennie Wall*

## MEET THE COACH



**Jennifer Wall, LMHP**

Jennie is a certified wellness coach and has earned this

distinction by completing an extensive training program. Jennie is also a Licensed Mental Health Professional with Continuum EAP. She is passionate about wellness and has focused her own life around building and maintaining a healthy lifestyle.

While Jennie has experienced the benefits of living a healthy lifestyle herself, she has also discovered that being part of another person's transition into a healthier, more balanced way of life is inspiring. Jennie feels that it is a privilege to be able to use her coaching skills to help people achieve their own personal goals of physical and emotional wellness.