Flip the Switch!

Wellness Redefined

Let's Talk about
WELLNESS COACHING

What is Wellness Coaching?

Connexions 2 Wellness coaching integrates "East meets West" by using Five Element Theory, a Traditional Chinese Medicine practice based on the five elements - Wood, Fire, Earth, Metal, and Water, with Biopsychosocial markers to evoke awareness and set SMART goals.

How can coaching help?

Imagine you're stressed. Coaching can help

- Evoke awareness towards identifying your stressors
- Evoke awareness towards your body's response
- Provide techniques in stress regulation and reduction
- Set SMART goals
- Encourage empowerment over management

TAKE THAT FIRST STEP TODAY.
YOUR FUTURE SELF WILL THANK YOU!

What's Available

- Individual virtual sessions
- Workplace Wellness

SCAN FOR INFORMATION

www.Connexions2WellnessSolutions.com

630.426.9561

Connexions 2 Wellness Solutions | A bridge to balance - mind, body, soul, and spirit