



vibrant lives wellbeing

connect inspire flourish

Wellness & Lifestyle Coaching



feel healthy!

feel happy!

feel vibrant!

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What is Wellness Coaching?

Would you like to feel healthy, happy & vibrant?

You've probably thought about making some lifestyle changes, but it's not always easy.

Perhaps you've set goals in the past and lost motivation - or maybe you're just not sure where to start.

Wellness coaching helps you work out what you want and then create a realistic, achievable action plan for how to get there: as your coach I support, encourage and help keep you accountable every step of the way.

We work through your challenges together and celebrate your achievements so you're always taking small, positive steps towards your vision and goals.

Coaching puts YOU in charge of your health and wellbeing, so you gain the confidence to make lasting changes.

It's scientifically based (using positive psychology, coaching psychology and behaviour change) - and it's fun - so it works!

You'll be empowered to be the best you can be by creating the healthy habits *you* want, in *your* timeframe.



Wellness coaching is ideal if you want to:

- Exercise more consistently
- Eat more healthily
- Manage stress better
- Have more energy
- Get better sleep
- Feel more positive
- Create good habits to live well longer
- Feel healthy, happy & balanced



Take the first step towards a healthier you!

 **Recognised**
Lifestyle Food & Wellness Coach[®]



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