

# IMAGINE ENTERING A CONVERSATION FEELING ONE WAY AND COMING OUT FEELING TOTALLY DIFFERENT?



## INTRODUCING 'WELLBEING WALK IN / CHECK INS' BY SELECT WELLNESS

Are you struggling with sleep? Wanting to shift a bad habit? Exercise more?

Eat better? Improve energy? Cope better with day to day stress?

Improve your relationships? Spend less time on technology?

Support your employees with our Confidential Onsite or Skype Wellbeing Coaching service. Each session runs for 30 minutes per person. Participants bring one aspect of their Wellbeing they would like to work on and leave with the tools, resources and a *behavioural change* plan. Our goal is to provide participants with proactive Wellbeing tools and switch them on to the importance of managing their own Wellbeing.

To find out more call **0405293 066** or go to [www.selectwellness.com.au](http://www.selectwellness.com.au)

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wellness