

HEALTH AND WELLBEING SUPPORT



HNY Wellbeing.
Caring for those who care for others

what's coming up...

November

- 11th Emotional intelligence for coaches
- 19th Men's health awareness
- 18th Men's cancer awareness
- 20th Anxiety and depression in menopause
- 21st H&W conversations training
- 26th Menopause awareness training
- 26th Back pain awareness

MARCH/APRIL

- 4th coaching with the system in mind
- 13th Palpitations - should I be worried?
- 27th Menopause awareness training
- 2nd Intuition and the coaching relationship
- 30th Menopause awareness training

December

- 4th COPD awareness
- 4th Ultimate care package for health and wellness in menopause
- 19th Menopause awareness training

FEBRUARY

- 6th Breathwork for anxiety and trauma
- 6th H&WB conversations training
- 11th Let's talk about pelvic health and incontinence
- 17th Getting the most from supervision- coaching masterclass
- 12th Asthma awareness
- 24th Menopause awareness training
- 26th Cholesterol and healthy lifestyle

January

- 7th Jung's archetypes (coaching masterclass)
- 8th Softening the edges of your inner critic
- 14th Blood pressure- why it matters?
- 15th H&WB conversations training
- 23rd Diabetes awareness session
- 30th Menopause awareness training

Book onto any of the sessions above here