

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