

# Wellness Coaching Program

Be Well | Live Well | Work & Play Well



"And the day came when the risk to remain tight in a bud became greater than the risk it took to blossom" - Anon



*"To the question of your life, you are the only answer. To the problems of your life, you are the only solution." ~ Jo Coudert ~*

**The Wellness Coaching Programs are offered as a series of  
3 - 10 phone or online video sessions.**

They are founded on the premise that you hold your own knowing of what is best for you, what is happening for you, what you need to do, and what you need to let go of.

**That you are the expert in your life!**

I walk by your side supporting you to voice your thoughts, feelings, insights and intentions - to accept and rise above your challenges - to action your next steps - to embark upon the next phase of your life - to live the next best possible version of YOU.

The programs are structured to boost your sense of health, wellbeing, purpose and joy, to restore motivation, resilience, functionality and enthusiasm for your future possibilities.

They are a collaborative process between you and your coach to help you heal, learn from and grow beyond your past and present circumstances.

To navigate and overcome the personal, social and professional impacts of anxiety and depression, illness, disease, accidents, trauma, grief, loss and many other distressing life circumstances.



**New Perspectives ~ New Behaviours ~ New Life**



## What to Expect:

In an initial 'Meet & Greet' session we will get to know each other, discuss your situation and explore what you hope to achieve from the program around your personal, health, wellbeing and professional (if applicable) goals and aspirations.

### In the following sessions you will:

**Develop Strategies and Plans** that entail realistic step-by-step actions for managing your wellness challenges and achieving your goals – for improving social and emotional functioning and expanding your horizons. These will include weekly steps to consider and /or action as 'homework'.

**Learn tools, techniques and daily rituals for promoting relaxation and clarity** – for managing stress, anxiety, difficult moods and emotions, and arresting rampant thoughts and overwhelm.

**Confirm your foundational values and standards**, what's important to you, your strengths and weaknesses, and what inner qualities and skills you'd like to develop.

**Identify and begin to free yourself from old sticking points - mindsets, behaviours, habits and attitudes** that limit your healing, growth and potential, that resist and delay change.

**Explore new perspectives, options, directions and purpose** – and how to bring them to life in a balanced, satisfying and sustainable way.

**Establish practical, healthy daily habits & routines** that support wellbeing, boost your vitality and enthusiasm. Set a solid foundation for health-life-work balance, productivity and growth.

**Connect to on-going support networks** including Allied Health and Complimentary Medicine principles / practitioners.

Each session is approx. 50 minutes worth of helping you . . .

*Turn your Problems into Opportunities*



**"Take the first step in faith - you don't have to see the whole staircase."**

**~ Martin Luther King ~**

Jeannette's Wellness Coaching Programs unite solution-focused Life and Wellness Coaching practices with the deeper self-exploratory processes of Counselling - making them a compassionate, inspiring and practical support for people wanting to make peace with, and rise above their past and current limitations.

### **What is Coaching?**

Coaching is solution-focused and goal driven. It's about planning and taking your next steps, being practical, organized and cohesive in the way you approach overcoming hurdles, expanding your potential and realising your personal, professional and wellness goals.

### **What is Counselling?**

In general, Counselling is a more process focused therapy for raising self-awareness, clearing what is holding you back from considering new perspective and making changes. It supports you to make sense of your anxieties and more challenging experiences.

## More frequently asked questions . . .

### What are the benefits of integrating Counselling and Coaching?

Blending Counselling and Coaching forms a powerful and enriching model that not only fosters a greater understanding of yourself, but also encourages you to stretch beyond your comfort zone. It supports you to consider and embrace new ideas, be pro-active, motivated and practical in overcoming your obstacles, in conquering change, managing your personal, professional, relationship and health challenges. It supports you to grow yourself in a safe, collaborative and empowering way. It calls you to be expert driver of your processes and life.

### What is Wellness?

Wellness is a state of being, of accepting and surrendering to your circumstances and inner-greatness at the same time. Wellness refers to both your physiological and energetic states of being and feeling well within yourself. It combines aspects of obvious physical markers with aspects of mental, emotional and spiritual wellbeing – like feeling healthy, vital, alive, purposeful, connected to yourself others, life and the bigger picture – resilient.

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## Meet Jeannette Singer



To me life is about being inspired, living my purpose, embracing change, personal growth and love. I am passionate about inspiring people to overcome their challenges – to reconnect to who they are, their joy and their own purposeful path. But as I know all too well – sometimes life throws us a curve ball and we loose interest, enthusiasm motivation and our sense of self - we can't find a way forward.

I've lived a big, fabulous adventurous, successful life but I've also done many a hard yard. I've had more than my fair share of life-changing trials: debilitating accidents, near death illnesses and anxieties, not to mention abusive and demeaning relationships - and I know that I am not the only one!

One of my strongest inspirations is to view the harder things life throws us as a reflection of the changes we need to make within, in order to move forward and grow. With absolute conviction that **'Healing our Hurts is Possible and that Change Is Too'** I've allowed these hardships to shape and re-shape me, to 'tune me up' to where I now love who I am, my life, my partner, my family, my tribe - and I love what I do – which is helping you to highlight new perspectives, blow a fresh breeze over your old stories, change and develop new behaviours, ways of being, living and relating that reflect who you really are.

I've gained plenty of professional nous as counsellor and coach over the past 20+ years, but consider my greatest credentials to be the long and winding road I've travelled, my struggles and successes and the wisdom of my lived experience. These are what form the foundation of my life and my work.



"It's never too late to be what you might have been." – George Elliot

## What People Say About Jeannette

"I believe Jeannette came into my life to assist me to connect with myself. Jeannette taught me to let go of things that were holding me back in achieving greater things. She taught me how to calm my body, mind and soul. She taught me how to appreciate, to love myself, to heal myself. I could go on. Thank you Jeannette. I know you always said I did it on my own, I say I had a great teacher. Love your work. Sending you all love and light. I'm still on track and am now passing my gift on to others. I've had many occasions to make someone else happy and my heart is joyful."

"Jeannette was refreshing - easy to talk to, made me feel at ease, very understanding to my situation, gave me confidence."

"Jeanette was really positive, encouraging and thought provoking. She really helped me to be comfortable with my grief but see beyond my stressful situation in the past and look to the future. We had great connection and it was very easy to talk to her."

"I looked forward to our calls each week as I felt Jeannette really understood my situation and how to deal with situations for the better. I feel that my coach was one of the best people I have worked with in my history of Depression and Anxiety. And I have worked with quite a few. Thank you so much for your support and guidance in helping me to create tools to assist in my permanent recovery out of that horrible black hole. I sincerely appreciate it."

"Jeannette was such a professional teacher. She built a rapport with me, she listened to me, she worked with me. Thank you for your understanding. I am still on track. The main thing is when I fall, I get up again and continue. Thank you so much!"

"Jeannette is incredibly in tune with my emotional state and needs. Excellent support and well placed advice."



*Healing your hurts is possible . . . Change is too . . .*

For more information about The Wellness Coaching Program contact Jeannette:

E: [jeannette@jeannettesinger.com](mailto:jeannette@jeannettesinger.com)

T: 0404 951 396

W: [jeannettesinger.com](http://jeannettesinger.com)

Jeannette Singer's services include:

Individual, Relationship & Couples Counselling | Wellness Coaching  
Meditation Coaching | Dating & Relationship Coaching

