

Fall Back Into Health with Group Coaching!

When was the last time you received the personal attention you deserve and talked with someone about your health?

Join us starting in September for small group health and wellness coaching facilitated by Integrative Nutrition Health Coaches and fellow ModernWell members Marnie Dachis Marmet and Stephanie May Potter.

There will be time devoted for participants to share, support and hold one another accountable to achieve their specific health and lifestyle goals. This is not merely a series of workshops, nor is it a cleanse or a detox; rather this program is about helping you to create the optimal self you desire in a collaborative and supportive small group environment. Each participant will complete a **goal setting form**, which will help guide the coaching sessions for the group. **Each participant will also receive individual coaching to help them achieve these goals.**

So....what are the program details?

- **A 30-45 minute kick-off call** to make introductions, mutually agree on expectations and begin goal-setting. This is scheduled for Wednesday, September 19th at noon.
- **Six 75-minute in-person group coaching sessions** which will each devote time to a specific topic, such as **eating clean, sugar, cravings (and how to deconstruct them), eating healthy on-the-go and how sleep, stress and other lifestyle factors impact your overall health.**
- **Two 30-minute phone check-ins** with Marnie or Stephanie to ensure you are staying on track to meet your goals. Calls will take place during the weeks we are not meeting in person
- **Email/online group support** in between sessions
- **Grocery store tour** led by Marnie or Stephanie
- **Giveaways** such as recipes, articles, handouts, food samples, etc.
- **Coaching and accountability** to help you achieve your health and lifestyle goals.

What is the commitment for me as a participant?

In order to get the most out of the health coaching program, you should plan to attend all of the in person sessions as well as the kick-off call. Additionally, each participant will complete a goal setting form, which will help guide the coaching sessions for the group. When meeting as a group, everyone benefits most when we are present and engaged in what is happening. Ideally, each participant will also commit to the grocery store tour. The phone check-ins on the weeks we do not meet are meant to provide support and accountability.

When and where does this all happen?

- When: In person sessions on Wednesdays as follows: 9/26, 10/10, 10/24, 11/14, 11/28, 12/5
- Time: 11:45-1pm
- Location: ModernWell: 2909 South Wayzata Blvd. in Mpls

How much does it cost?

Cost: \$800 (MW Members) \$850 (non-members)

Enroll by September 4th and receive a 10% discount (\$720 MW members and \$765 (non-members). Space is limited so sign up now!

So...what is health coaching...

- As holistic health coaches, we guide you to reach your health and wellness goals by making step-by-step changes to your food and lifestyle, at a pace that's comfortable for you. What works for your friend or family member may not be the right approach for you; everyone is unique.
- Together we work to reach your health goals in areas such as achieving optimal weight, reducing food cravings, increasing sleep, and maximizing energy. As we work together, you'll develop a deeper understanding of the food and lifestyle choices that work best for you and start to implement lasting changes that will improve your energy, balance and health.

...and what are the benefits to being in a group?

- Group coaching is a smart and motivating way to receive top-notch guidance to achieve your healthiest and best self!
- You'll be provided with support and accountability from both the coaches and your group to help you achieve your health and lifestyle goals.
- You'll gain new perspective by working in a group and being exposed to a variety of insights that empower you to see a situation from multiple angles.
- When individuals are part of a group, they procrastinate less, accomplish more, and reach their goals faster. Knowing you're not alone in your journey will help you develop the confidence and motivation to address your challenges and succeed.
- By signing up you'll join a close knit group that is energizing, motivating and most of all - fun!

Questions?

Please reach out to Marnie (marnie@zenfulllifecoaching.com) or Stephanie (stephaniemaypotter@gmail.com) if you have any questions about the program.



STEPHANIE MAY POTTER

health & lifestyle coach



Zenful Life

Coaching for Wellness

