



## Wellness Coaching

This aspect of coaching is like personal coaching but takes into cognisance your entire well-being. In this aspect, we look at your entire life and work towards giving you a balanced and sustainable lifestyle. Operating from this place of well-being ensures a drastic improvement in performance, health, mental, social and emotional well-being.

If you want to find fulfilment in your life, then this is for you. This aspect focuses on changing your behaviour and habits to change your life positively. This is very beneficial and rewarding because your personal wants and requirements are taken into cognisance towards your overall wellness.



Wellness Coaching covers many areas of one's life. Some including:

eating improvement

weight loss

stop smoking

stress release

sleep

peacefulness

improving sleeping

feeling of 'unfulfilled'

making healthier life decisions generally

bad habits

dealing with change

life purpose

what you really want

health

family

friends

self development

& MUCH MORE...



WHATSAPP  
**+27 81 537 4197**  
 **DURBAN NORTH**

 **info@paramalifestyle.co.za**  
 **www.paramalifestyle.co.za**  
 **@paramalifestyle**