



BOUNCING BACK BETTER IN 2024

ALL INCLUSIVE HEALTH AND WELLNESS - 8 WEEK MOTIVATIONAL ACTION PLAN

Our goal is to provide you with information, tools and resources to get you motivated! To set goals reaching for what you want in your life, will be established.

Psychotherapy Session

Breakdown, breakthrough to get a solid intention. First, a private session with a Registered Psychotherapist to discover your hidden talents and your current road blocks to get your wheels in motion again. Psychotherapist John Brennan McLean, will have a look at any anxiety issues that may be holding you back.

Online or by phone - hour session John Brennan McLean (*Registered Psychotherapist, BA, MES, MACP)

Personal – Overall Wellness Assessment

Improving your overall health is a collaborative process, a team effort. **BB Balane Certified Coach Practitioner** will work together with you to evaluate how you can bounce back better in 2024. Your assessment will focus on the following topics:

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|---------------------------|-------------------|----------------|
| • Nutrition | • Health | • Fitness |
| • Recreational Activities | • Personal Growth | • Aspirations |
| • Balance | • Relationships | • Career Goals |
| • Spiritual Growth | • Zest for Life! | • Self Care |

We will all work together to create a motivational action plan that takes into account your psychological evaluation, needs, desires and personal goals.

Action Plan – Motivational Strategy

Your personal motivational lifestyle coaching sessions will allow you to have deep meaningful conversations with a Certified Coach. Discussing current challenges is a powerful tool to get you on track again. Weekly chat sessions will guide you through and support your need to become more confident and self aware of your emotional regulation abilities. We will be Tracking Progress and Goal Oriented Milestones. Then we will routinely re-access progress together every step of the way until you reach your desired destination. (8–30-minute weekly sessions by phone or online– BB Balane)

CONTACT: KINDFULNESS THERAPY FOR DETAILS

 **289.567.0606**  **bb@kindfulnesstherapy.ca**