

Healthy Habits Package: (Wellness Vision Discovery)

Embark on a One-Month Health Behaviour Change Journey, with (Four Online Coaching Sessions) This is a great option to dip your toes into the World of Health & Wellness Coaching for the first time.

This package supports you to take intentional action to Reset or Begin New Physical and Mental Well-Being Behaviour Change Action.

Example Goals Include: Eat Well, Sleep Well, Physical Activity, Rest and Learn Stress Management Skills, to achieve increased vitality, and overall wellbeing outcomes.

(Please Note; Additional Coaching Sessions can be tailored for you after your chosen coaching package ends!)



First Coaching Session = 60 minutes. Followed by three weekly 30-minute coaching sessions: Discover and Design Your Wellness Vision and Goals in sessions packed with actionable behaviour change strategies, for building your healthy habits.



Personalised Wellness Vision Goal Plan: Receive a bespoke (SMART) Goal Plan to guide you step by step towards creating and achieving positive lifestyle behaviour change for your chosen well-being goals.



Weekly Email/Messaging between session support, with Emmet. (Mon-Fri; 9am-5pm)



Equip yourself with helpful Goal Learning Guides, Resources and suggested Skill building Between Session Practices!

Package Investment Fee; ———> (One Payment)

Mental Well-Being Package: (Wellness Vision Journey)

Experience an empowering coaching journey to achieve greater Mental Health and overall Well-Being Outcomes. This Wellness Vision Journey will see you engage in; (Eight Online Coaching Sessions), over a Three Month Coaching Partnership.

This package is designed for those who are committed to taking action to achieve Mental Well-being Goal Practices and Skills.

Example Goals Include: Build Effective Stress Management, Communication and Emotional Health Behaviour Practices across your personal, work and relationship Wellness Dimensions of Living.

(Please Note; *Additional Coaching Sessions can be tailored for you after your chosen coaching package ends!*)



First Session = 60 minutes, then three weekly 45-minute sessions for the first month. Then four Bi-Weekly 45-minute sessions over the next two months. Engage in regular sessions that build momentum to achieve and sustain your goals.



Your Tailored **Wellness Vision (SMART) Goal Plan:** Benefit from practicing strategies for mindset and lifestyle behaviour change action aligned with your Wellness Vision. Build your new habit confidence and skills, during 3 months of coaching support.



Email/messaging (Check-In) support (Mon-Fri; 9am-5pm)
Enjoy support with Emmet to facilitate continuous well-being and personal goal vision outcome progress.



Equip yourself with helpful Goal Learning Guides to aid your journey. Examples - 1. Getting Started with Your First Healthy Habit, 2. Achieve Better Sleep Guide & 3. Reduce Your Stress Guide and Between Session Practice Exercises also!

Package Investment Fee; **→ (One Payment) Or**
Monthly Payment x 3)

Grow and Thrive Package: (Wellness Vision Transformation)

(The Grow and Thrive Package) is the epitome of a transformative holistic well-being coaching experience.

This Package includes the addition of 60 Minute Coaching Sessions, over a 6-Month Coaching Partnership Journey.

Tailored for those ready to engage in an immersive 6-month transformation lifestyle behaviour change journey with Emmet, towards achieving and sustaining Thriving Well-Being Lifestyle Practices and Personal Growth Habits.

(Please Note; Additional Coaching Sessions can be tailored for you after your chosen coaching package ends!)



Weekly 60-minute coaching sessions for 1 month, then Bi-Weekly 60-minute sessions over 2 months. This is followed by Monthly 60-minute sessions for 3 months (**Total of 11 Sessions**)



Engage in extended coaching sessions offering profound well-being and personal growth goal strategy and support: Receive coaching strategies meticulously crafted to catapult you towards better well-being & personal growth goal success.



Delve into a treasure trove of goal learning resources, activities and In-Between Session Practices, all of which are designed to facilitate your well-being and personal growth journey.



Get VIP access to new well-being goal learning resources related to your goals and access to future webinars.

Package Investment Fee; —→ (One Payment)