

8-week Group coaching package: Self-care for Desk Workers

Desk workers often forget to take care of themselves, such as taking infrequent breaks from their computers and overworking. These group coaching sessions will occur once a week for 8 weeks with a maximum of 10 participants.

Session duration is one hour. Participants can track their metrics/goals in the Healthie client portal. Cost is \$600 and is paid in full at time of booking. One session will need to be booked at time of booking.

The 8 weekly topics include Burnout, Physical Activity/Exercise, Eating, Sleep, Leisure/Hobbies, Workstation setup, Mindfulness/Meditation, and Gratitude.