



HEALTH AND WELLNESS

COACHING



HEALTHY HABITS, HAPPY LIFE

HEALTH AND WELLNESS WORKSHOP

OUR APPROACH

Ever felt like stress and fatigue are your constant companions, and the idea of adopting healthier habits seems like a puzzle missing a few pieces? We get it. Life's a bit of a whirlwind, and health often ends up taking a backseat.

Picture this: What if we handed you a friendly guide—a roadmap not only to tackle stress and anxiety but also to infuse your days with easy, practical tools that boost your energy, supercharge your productivity, and simply make you feel good?

At UP Health Coaching, we resonate with the daily struggles, especially for those navigating the waves of anxiety. We don't just promise a remedy; we're here to provide you with a toolkit, a set of practical, implementable strategies designed for your hectic life.



WHY ARE WE DIFFERENT?

Holistic Approach

Health isn't a solo act; it's a symphony of habits. Trying to isolate one aspect is like playing a single note and expecting a full melody. Our workshop embraces the melody of interconnected wellness, recognizing the dance between sleep, nutrition, and mobility. Change one, and watch the others follow suit. It's a holistic journey where every step resonates across the spectrum of your well-being.

No quick fixes, just real results

No Quick Fixes, Just Real Results: Forget the one-size-fits-all promises and the three-week wonders. We're here to redefine progress. Each small, simple practice you adopt in our workshop is like a building block. They deliver tangible results on their own, but the real magic happens when they synergize, becoming the sturdy foundation of your lifestyle. It's not about quick fixes; it's about creating lasting change, one practice at a time.

REFERENCES

We have a track record of successfully conducting workshops on health and wellness, receiving positive feedback from participants globally. Our approach has resonated well with diverse audiences, creating tangible impacts on well-being and team dynamics.

Reference contacts may be provided upon request.

FORMAT

2 Days Workshop

Dive into an interactive and engaging experience during our two-day workshop. Each session, lasting approximately one and a half hours, ensures the full attention of participants. The workshop is designed to be 50% theoretical, providing essential knowledge, and 50% practical, allowing participants to apply what they've learned in a hands-on manner.

- Deep level of interaction
- Hands-on activities
- Personalized discussions
- Post workshop support



Why Health and Wellness?

Breaking the rules of ageing
Finding your IKIGAI
The pillars of Health and Wellness
Going Holistic
Mapping your IKIGAI

Why do we sleep?

Quality and Quantity
Sleep Hygiene
Biohacking Tips
Sleep Tracking
Sleeping Breathing Technique

Nutrition

Inflammation
The Gut's Leading Villains
Supplements
Nutritional Tips
Cheking your Diet

DAY 1

Fitness and Mobility

Strength Training
Mobility Training
Cardiovascular Training
Sustainable Practices
Daily Meridian Stretch

Social Connections

Work - Personal Life
Benefits of Healthy Relationships
Empathy
Building Relationships
Breaking the Ice

Stress Management

Stress Influence
Chronic Stress and Anxiety
Time management for Mortals
Tools for Stress Management
Box Breathing - Meditation

DAY 2

POST-WORKSHOP SUPPORT

After the workshop, participants will receive detailed documents summarizing the practices and techniques discussed, empowering them to implement positive changes in their daily routines.

Some of the documents included:

- Training plans for Strenght - Mobility - Cardiovascular (for all levels)
- Breathing Techniques for Stress Management
- Healthy Grocery list
- Meal Recipes for a perfect day
- Self-coaching guide