

CHLOE LOUISE **WELLBEING**

HOLISTIC HEALTH AND WELLBEING SOLUTIONS

WELLNESS THAT WORKS



CHLOE LOUISE
WELLBEING

CORPORATE SERVICES

CHLOE LOUISE WELLBEING PROVIDES AN ARRAY OF SERVICES DESIGNED TO CATER TO EVERY ASPECT OF YOUR ORGANISATION



- **One-on-one coaching** sessions tailored to both executives and employees
- **Group coaching** created to facilitate group discussion and empower attendees to find actionable solutions
- **Workshops** that deep dive in to the science behind aspects of wellbeing, educate and support more structured takeaways

All designed to **enhance team dynamics**, increase **productivity**, and **reduce workplace stress**



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INDIVIDUAL COACHING

THROUGH PERSONALISED ONE-ON-ONE SESSIONS, WORKING TO EXPLORE UNIQUE CHALLENGES, IDENTIFY AREAS FOR GROWTH, AND CREATE A CUSTOMISED PLAN TO SUPPORT OPTIMAL WELL-BEING.



Individual coaching is a tailored and **collaborative process** aimed at **empowering executives and employees** to achieve optimal health and wellness, **boost performance** and support a top down and bottom up approach to a **culture of health**.

GROUP COACHING

CLW'S GROUP COACHING IS CRAFTED TO FOSTER COLLECTIVE GROWTH AND PERSONAL DEVELOPMENT THROUGH COMPREHENSIVE, SIX-WEEK PROGRAMMES AND FOCUSED STANDALONE SESSIONS

(LIMITED TO 12 PEOPLE)

6 WEEK PROGRAMMES FOR MORE SPECIALISED SUPPORT:

- Find balance and a more nutritious approach to **food**
- Let's get you **sleeping**
- Support your body by integrating more **movement** into your day
- Find ways to enhance your physical and social **environment**
- Develop your **mindset** and learn how to enhance your **subjective wellbeing**
- Learn tools for greater resiliency and **stress management**
- Discover healthy habits to support your **brain health**
- **Relationship to Self:**

work through CLW's CAAALM© model for a greater connection to self



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GROUP COACHING

FOCUSED STAND ALONE SESSIONS:

- **Group guided meditation;** experience breathwork, cultivating positive emotions, and visualisation for healing and goal attainment
- **Relationship to self, starter session:** learn tools to cultivate a greater connection to self
- **Explore holistic health;** learn about the mind-body connection, root cause medicine, and a whole-body approach to health
- **Setting yourself up for success:** Implement healthy habits, explore setting SMART goals, creating Micro Actions, and building your AMOOO©
- **CLW's Key Principles;** explore how you can utilise the principles of Individuality, Intuition and Balance for sustainable behaviour change
- **Interpersonal Skills:** Improve communication and master compassion and empathy for deeper social connections



WORKSHOPS

THE FOLLOWING SESSIONS CAN BE DELIVERED AS 2.5 HOURS OR AS HALF DAY WORKSHOPS AND ARE SUITABLE FOR LARGER GROUPS (12+)

- Enrich your **Diet** & support your **Gut Health**
- Reclaim Your **Sleep**
- **Movement:** Overcoming sedentary behaviour and meeting activity goals
- Enhance your **Environment** for greater physical, emotional and social health
- Explore your **Mindset**, Improve your **Subjective Wellbeing** & refine your **Lifestyle**



SPECIALISED WORKSHOPS

THESE SPECIFIC SESSIONS PROVIDE A MORE TAILORED AND THOROUGH DEEP DIVE, ALSO SUITABLE FOR LARGE GROUPS (12+)

- **Stress Management;** 2 hour session exploring positive versus chronic stress, and finding tools to build resilience
- **Optimise Brain Health;** 1.5 hour session discovering healthy habits for brain health and optimising cognitive function
- **Explore Whole Body Health;** a half-day session delving into holistic health
- **Guided Breathwork and Meditation;** 1 hour session on breathwork and guided meditation with visualisation practice to cultivate health, wealth and wellbeing
- **Define Character strengths, Values and Vision to Empower Behaviour Change;** 1.5 hour workshop to set up success for goal achievement



ADDITIONAL SERVICES

- **Completely bespoke session for your team:** book a call to discuss your needs and how I can support you
- **Full 360 Workshop Package Including:**
 - Introduction to Holistic Health, Wellbeing and Stress Management
 - Diet and Gut Health
 - Sleep
 - Movement
 - Environment
 - Mindset, Subjective Wellbeing and Lifestyle

Delivered as Half Day Sessions deep diving into each area including all topics I cover tailored to your specific organisations goals



CONTACT

THANK YOU FOR YOUR INTEREST IN CLW, FOR MORE INFORMATION PLEASE VISIT OR CONTACT CHLOE VIA ANY OF THE FOLLOWING:

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