



— WE BE —
WELLNESS

We Be Well Together Workshop

COVID-19 has us living in uncertain times. The world feels chaotic. We have spent the last year not only wearing multiple hats, but assuming new roles for extended periods of time that have left us feeling depleted and anxious. When stress is high, we often lose sight of ourselves. Our physical and mental health gets ignored.

It is during these times that we experience physical symptoms often related to stress and anxiety:

- Sleep deprivation
- Poor eating habits
- Digestive issues
- Tense muscles
- Lack of daily movement
- Depleted immunity



WE WANT TO HELP CHANGE THAT.

We know we may not be able to control what is happening in the world around us right now, but there are ways that we can focus on our health and how we respond to life's stressors. Learning strategies to manage symptoms of stress and anxiety will result in overall improved sense of mental and physical wellness. If you are well, you can better take care of others around you.

SELF CARE = WHOLE FAMILY CARE.

OUR APPROACH

No Better Time than a Pandemic to focus on YOU. This is not a selfish act.

Using Functional Medicine Health Coaching practices, We Be Wellness Workshops will provide participants with the opportunity to take time out of your week to gain tools on building resiliency during the most stressful times. We will focus on elements of wellness all while catering each session to the group's individual needs and strengths. It is our hope that each session will leave you feeling empowered and refreshed- ready to take on the week ahead.

Now more than ever, the foundations of health, sleep, nutrition, movement, stress management, meaning and connection, matter to our very survival. In response to the collective need for better health, resilience and community, we have designed a 6 session Workshop series entitled, We Be Well Together. The Workshop Series will provide a supportive environment for connection with others who are also struggling during this global pandemic. 'Never Worry Alone' is our motto.



WE BE WELL TOGETHER:

A Functional Medicine Group Coaching Series

LED BY : WE BE WELLNESS PRACTITIONERS

Carly Kaufman, MPH, M.ED, NBC-HWC, FMCHC and
Caroline Kusnetz MBA, NBC-HWC, FMCHC

PARTICIPANTS:

Anyone striving for balance during uncertain times.

DURING OUR TIME TOGETHER WE WILL:

- Identify actionable steps to support our mental and physical health.
- Create a supportive and inclusive safe space for all participants.
- Encourage a robust exchange of ideas and help inspire individualized strategies that will enhance overall wellbeing.
- Celebrate our successes together and help find solutions to obstacles as a collective group.
- End each session with goals and new tools to practice throughout the week.

WORKSHOP OBJECTIVES:

- Increase each client's sense of overall self-efficacy and confidence in their ability to make meaningful change.
- Provide a set of realistic and actionable tools for sustaining wellness.
- Foster ongoing connection within each group and leave with a positive, empowered outlook on the future.

WE BE WELL TOGETHER FORMAT + TOPICS

- 1** Pre-Session: 45 Minutes - 1 on 1 Coaching Session to uncover individual objectives and goals. We will use valuable tools to assist clients in identifying areas of personal strengths as well as an assessment of overall life satisfaction and priorities.
- 2** Kick-off Session: 90 Minutes - Introduction Session. Review of Workshop Structure and personal introductions of each participants background, experience with coping, session objectives.

- 3** Nourishment: Hydration, Nutrition, Movement (90 minutes group)
- 4** Resiliency: Breath, Sleep, Mindfulness (90 minutes group)
- 5** Connection and Meaning (90 minutes group)
- 6** Wrap-up Session: 30 Minute - 1 on 1 Coaching Session to review individual action plans and next steps

FEATURES

- All Sessions will be guided by board certified functional medicine health coaches
- Each session will include examples of various mindfulness practices, a mini lesson on identified topics and breakout group discussions.
- Four facilitated group workshops- Sundays or Tuesdays depending on which group.
- A specialized care package delivered to your door prior to your first meeting
- Two 1:1 coaching sessions with one of our founders
- Ongoing support via group-initiated FB/Whatsapp/ SMS along with an assigned accountability partner throughout the duration of the series.
- Space limited to 6 participants

PROGRAM COST: \$275

LOCATION: all sessions available via zoom

REGISTER: www.webewellness.com or email carly@webewellness.com

TO LEARN MORE ABOUT GROUP COACHING AND FUNCTIONAL MEDICINE, PLEASE VISIT OUR WEBSITE WWW.WEBEWELLNESS.COM

WANT A PRIVATE WORKSHOP FOR YOUR PLACE OF BUSINESS OR GROUP? CONTACT WE BE WELLNESS TO SCHEDULE.