

WonderSpirit Coaching

In the art and soul of living well

360 Self-Care for Women

3 sessions / 1.5 hrs each / 3 weeks



- **Class Sessions**

1. **360 Self-Care and Life-focused wellness.**

- An introduction to healthy-selfish, taking care of you, and the 360 Self-Care wheel of life ... because the well being of your most valuable assets—your energy, your time, your intelligence, your spirit—depend on it.

2. **Goals and Dreams and Personal Action Plans**

- What started in session 1 continues with a personal action plan, an exploration of your goals and dreams—personally and professionally—and what healthy-selfish Self-Care needs to happen to allow those goals and dreams in. What you think, how you speak, words you choose, how you feel, can help. Begin a simple action plan, build in easy follow-through components, and make it something you look forward to.

3. **Success, Support Systems, and Boundaries for Balance**

- This element of self-care is most important and often the most challenging. To be successful in achieving our goals and desires, our *environments* have a significant impact. *Environments* include people we spend our time with, what we read and listen to, the words we use, the spaces we occupy, and more. How are your environments supporting your self-care? Healthy boundaries and environments of support are essential to your success, happiness, and most valuable assets—your energy, your time, your intelligence, and your spirit.

Fee: \$75 - \$125



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