

# WonderSpirit Coaching

In the art and soul of living well

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## 360 Self-Care

A wellness series by  
Anne Wondra, CHRM  
Holistic Wellness Coach, Muse

Four 1-hour classes

### Class 1

#### **Wellness, Self-Care, and Life Enjoyment**

360-perspective

*Wheel of Life* activity

### Class 2

#### **Self-Care**

Life Energy and Life Enjoyment

*Energizers and Drainers* activity

*Tolerations* Worksheet

### Class 3

#### **Support and Saboteurs**

The 'environment' always wins.

*Environments of Support* activity

### Class 4

#### **Next Steps**

A plan, a positive perspective, and partners

*Goal-partners* activity

**Fee:** \$75 - \$125



### **Anne Wondra, CHRM**

Life Wellness Coach, Muse

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