



Rebecca Tryon,
Wellcoach®

Wellness Coaching

Build healthy habits and self awareness while benefiting from expert coaching and the support of a group.

- 8-week process guided by a certified Wellcoach®
- Define your wellness priorities, set realistic goals, uncover your strengths and motivations
- Receive support from others who experience similar challenges
- Group sizes range from 5-8 participants and include a personal assessment and eight 60-minute coaching sessions
- Access to one email interaction per week

GROUP COACHING MAY RESULT IN THE FOLLOWING

Our research-based methods aim for at least 75% achievement of your 3-month goals

- Increase in exercise level by 1-2 stages from where you started
- A clear plan to support continued progress in your priority areas
- Improved cholesterol and blood sugar levels through dietary changes
- Healthy weight loss, at a rate of 1-2 lbs/week through lifestyle changes
- Reduced tension/anxiety by providing you with tools to manage stress
- Greater connection with family; improvement in quality of relationships
- And much more

UPCOMING 8-WEEK GROUP COACHING SESSION

- Fridays, September 17 – November 5
- 1:30 – 2:30 p.m.
- Cost: \$199/person, payable prior to first session
- Group size: minimum five participants, maximum eight participants
- Upon sign-up, you will receive a personalized intake assessment via email to be completed prior to the first session.

LED BY REBECCA TRYON, WELLCOACH®

Rebecca has over 10 years in the health and wellness industry. Rebecca is certified in wellness coaching through the prestigious Wellcoaches® organization, and also holds certifications in nutritional counseling, yoga, Pilates and massage therapy. She is currently completing her Master's in Public Health and Master's in nutrition at UC Davis in Northern California.

For more on Wellness Coaching visit iamwellspring.com/coaching

Registration and information, 971.983.5230.