

Relationships

Peace Of Mind

Finances

Emotions

Growth

Career

Don't let **stress and anxiety** affect
your health and happiness!

Holistic **Wellness Mentoring** can help you **identify** the root cause(s) and
develop a personalized plan for achieving balance and **well-being**.



Mastering Wellness

Transform your life with
Holistic Wellness Mentoring



*Do any of these questions
ever trouble you?*



If you feel like any of those, it's no surprise that you don't feel happy or fulfilled right now!!

I feel like something is missing in my life.

I'm not passionate about anything and I'm just going through the motions.

I'm at a crossroads and I need to find some clarity.

Why I'm really here and what I should be doing with my life.

I hate my job but I feel stuck in it, like I'm throwing my potential away just to get a paycheck.

Things in my life just aren't in alignment with the person I want to be.

I don't have any savings and I'm worried about being able to support myself financially.

My low confidence affects every area of my life.

I'm sad and stressed ALL the time. Life just feels like a black hole and I'm struggling.

I'm so confused, why can't I just be HAPPY?



Start living a life

full of excitement, positivity, & productivity,
and leave behind all the stress and anxiety.

Health, Energy, and Joy are the building
blocks of a happy and fulfilling life!

Holistic Wellness

is a comprehensive approach to well-being
that addresses all aspects of an individual's life.
It encompasses physical, mental, emotional,
social, and spiritual well-being.

By focusing on all dimensions of wellness,
it helps individuals achieve balance,
improve overall health, enhance resilience,
and promote a sense of
harmony and well-being in their lives.



Health & Wellness Mastery Program



The most comprehensive long-term mentoring program that addresses all areas of your wellbeing.

Understand and address problems related to Relationships, Career, Growth, Emotions, Money, etc.

Find and address the root cause of your problems to help you minimise stress.

Build mental well-being and resilience so that you feel calmer and are more in control.

Address your particular needs and expectations and find happiness and confidence by mastering the different wellness facets of your life.

Identify your specific goals and create a customized plan to help you achieve them.

Create a **blueprint to effectively manage** the different aspects of your life.

Improve your relationships, career, growth, money-management, etc.

Undertake periodic **Wellness Self-Assessments** that will help you measure and **see the improvements** within you.



Program Coverage



WELLNESS MENTORING covers your problems and concerns across any one or all of the following 8 Dimensions of your Wellness.

EMOTIONAL WELLNESS

How to control & manage emotions, handle crises, mood swings, effective decision making, increase dependability, respect and become an emotionally stable person.

PHYSICAL WELLNESS

How to develop good habits, manage weight, have required control, and establish a disciplined lifestyle to have and maintain a healthy body.

SOCIAL WELLNESS

How to be a people's person, an active team player, and develop a universal connection to manage your relationships effectively.

OCCUPATIONAL WELLNESS

How to derive job satisfaction, remain motivated at work and feel valued to increase your productivity and achieve professional growth.

FINANCIAL WELLNESS

How to acquire financial knowledge, do future planning and take right financial decisions to make money and achieve your financial goals.

ENVIRONMENTAL WELLNESS

How to build environmental awareness, a connection with nature, reduce waste, and save natural resources to live in a clean and healthy environment.

INTELLECTUAL WELLNESS

How to learn new skills, analyse and solve problems, and gain relevant knowledge to increase your intellect and creativity.

SPIRITUAL WELLNESS

How to be optimistic, develop tolerance and respect for all, have required control, and gain spiritual knowledge to find inner peace and harmony.



What do you gain from these Mentoring sessions?



The benefits of holistic wellness mentoring can be far-reaching and impactful, helping you lead a more fulfilling and purposeful life.

Gain clarity and direction: Our holistic wellness mentors can help you identify your goals, values, and priorities, and provide guidance on how to align them with your lifestyle choices and actions.

Build self-awareness: These mentoring sessions can help you become more aware of your thoughts, emotions, and behaviors, and develop strategies to manage them in a healthy way.

Personalised guidance: Our mentoring sessions are tailored to your specific needs and goals, providing personalized guidance and support.

Stress management: The Mentor help you to develop strategies for managing stress and improving your overall emotional well-being.

Enhance personal growth: The mentoring program can help you develop a growth mindset, overcome limiting beliefs, and cultivate resilience, which can have positive impacts on various areas of your life.

Receive support and accountability: Our mentor can provide a safe and non-judgmental space for you to share your challenges, fears, and aspirations, and offer support, encouragement, and accountability to help you stay on track towards your goals.



THE WELLNESS COMPASS



Measure your Wellness and Navigate
Your Path to Holistic Wellness.

Your Wellness Profile created by The
Wellness Compass is the key to the
Wellness Mastery program.



- Step 1 Mentees use The Wellness Compass to engage in a structured self-assessment that includes targeted questions related to the 8 different dimensions of wellness.
- Step 2 The assessment responses will generate an overall wellness profile (scorecard), highlighting strengths and areas for improvement.
- Step 3 Your Wellness Profile and specific problems that are being faced by you are the focus for the Mentoring Sessions.

Health and Wellness Mastery Program Options

These programs help you deal with any of the following concerns

- relationship issues
- career problems
- inability to manage your finances
- emotional breakdowns
- dissatisfied with personal / professional growth
- stressed and have no peace of mind



The benefits of holistic wellness mentoring can be far-reaching and impactful, helping you lead a more fulfilling and purposeful life.

1. Mentoring & Training

Standalone Mentoring Sessions that address specific problems or concerns related to any of the 8 areas of your wellbeing.

2. Wellness Boot camp 3

Intensive sessions spread across **3 months** that address your problems or concerns related to **any two chosen areas** of your wellbeing.

3. Wellness Boot camp 6

Intensive sessions spread across **6 months** that address your problems or concerns related to **any 4 chosen areas** of your wellbeing.

4. Wellness Mastery

Wellness **Mastery program** is spread across **1 year** that enables you to **master all 8 areas of your wellness** and addresses **all of your problems or concerns. Upon completion** you also become a **Certified Wellness Coach**

Mentoring Plans - Features & Pricing

FREE PLAN	MENTORING & TRAINING	BOOT CAMP 3	BOOT CAMP 6	WELLNESS MASTERY
Rs. 0 Forever Free	Rs. 2,000 /session	Rs. 10,000 /month	Rs. 8,500 /month	Rs. 7,750 /month
<ul style="list-style-type: none"> ✓ Free Consultation Session ✓ Free Wellness Assessment ✓ Program Duration - per Session ✓ Covers 2 areas of Wellness ✓ 1 Wellness Self Assessments ✓ 1 Mentoring Sessions ✓ Access to online courses ✓ Payment Plan - Advance ✓ Certified Wellness Master 	<ul style="list-style-type: none"> ✓ Free Consultation Session ✓ Free Wellness Assessment ✓ Program Duration - per Session ✓ Covers 2 areas of Wellness ✓ 1 Wellness Self Assessments ✓ 1 Mentoring Sessions ✓ Access to online courses ✓ Payment Plan - Advance ✓ Certified Wellness Master 	<ul style="list-style-type: none"> ✓ Free Consultation Session ✓ Free Wellness Assessment ✓ Program Duration - 3 Months ✓ Covers 2 areas of Wellness ✓ 3 Wellness Self Assessments ✓ 9 Mentoring Sessions ✓ Access to 2 online courses ✓ Payment Plan - Monthly ✓ Certified Wellness Master 	<ul style="list-style-type: none"> ✓ Free Consultation Session ✓ Free Wellness Assessment ✓ Program Duration - 6 Months ✓ Covers 4 areas of Wellness ✓ 6 Wellness Self Assessments ✓ 18 Mentoring Sessions ✓ Access to 4 online courses ✓ Payment Plan - Quarterly ✓ Certified Wellness Master 	<ul style="list-style-type: none"> ✓ Free Consultation Session ✓ Free Wellness Assessment ✓ Program Duration - 12 Months ✓ Covers 8 areas of Wellness ✓ 12 Wellness Self Assessments ✓ 36 Mentoring Sessions ✓ Access to 8 online courses ✓ Payment Plan - Quarterly ✓ Certified Wellness Master

Master Your Wellness!



<< BOOK YOUR FREE CONSULTATION HERE >>