

“Health is a state of body. Wellness is a state of being.”

-J. Stanford



Coaching

Wellness encompasses our physical health, our mental wellbeing and our social connectedness. If stress, and poor health habits are impacting your life Wellness Coaching can help.

Pursue or renew a greater emphasis on your wellbeing. Feel more empowered about your health through greater understanding of your self.

Personalized 1-to-1 Coaching will help you meet your individual goals using evidence based strategies and appropriate goal setting timelines.

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Let it go



**Make
time
for
yourself.**



Defining Your Goals.

What areas of wellness are you most interested in focusing our attention on?

- Emotional
- Spiritual
- Physical
- Environmental

Figuring out your priorities isn't always any easy task. It is normal to have many goals at the same time. Together we will triage your priorities + create an appropriate timeline for goal setting.

Using evidence based strategies, I will develop a comprehensive plan that targets your goals, and has a starting point that meets you right where you are. We will meet for weekly to ensure accountability, as well as maintain continuity of care and more reliable progress. Your success is my success.

Just Do It Me time Self-care Self-LOVE

DO YOU KNOW YOUR WELLNESS STYLE?

Wonderfully, we are unique individuals. We live different lives. We have different personalities. We have different coping styles. We have different superpowers.

When it comes to building new habits, throwing out old ones or building a wellness lifestyle, we won't all do it the same way.

We can identify your wellness style and build habits that enhance your life naturally. Together we can create the healthiest and most vital version of you without changing your core self.





As your wellness coach, I will help you identify a vision for your optimal wellness, and become aligned with how to reach your wellness goals. Together we will identify your obstacles, establish clear priorities as well as develop manageable timelines for improvement.

Progress One Drop At A Time.

IF YOU TAKE THE FIRST STEP, YOU ARE ALREADY ONE STEP CLOSER TOWARDS YOUR GOAL.



It's hard to change habits; but change is possible. We will focus on getting you to make incremental changes, with small steps that can actually help you get started and stay motivated.

I believe in incremental change. I adore people. I have 30 years of experience bringing joy into the wellness world and wellness into the lives of wellness seekers. I can do the same for you.