

## Wellness Coach February Monthly Overview: Build Emotional Strength

February centered on strengthening emotional resilience through connection, compassion, and daily awareness practices. Under the theme **“Build Emotional Strength,”** members were invited to look inward, cultivate balance, and practice steady emotional grounding.

[Download the Flyer](#) here to access all the activities below!

### Community Challenge: Build Your Resilience

#### **February 2–15, 2026**

This 14-day challenge guided members through daily audio practices designed to help manage emotions, restore inner balance, and develop genuine resilience from the inside out. Each day introduced a simple yet impactful practice to support emotional growth.

### Workshops & Meditations

February featured sessions that encouraged reflection, mindful choices, and emotional wellness:

- **Letting Go of 2025: A Guided Meditation** with Coach Gayle
- **Vision Board: Picture Your Best Year Yet** with Coach Corene
- **Let's Talk: Eating Well in the New Year** with Coach Tessa
- **Let's Talk: Cultivating Optimism and Motivation** with Coach Dr. Jaime

These workshops supported members in shifting mindset, nourishing the body, and strengthening emotional awareness.

### Special Recognitions

Aligned with our focus on emotional strength, this month also honored:

- **Black History Month**

