

Ready to Level Up Your Leadership?

Connect with elite industry coaches (10+ years of experience) to crush your goals, tackle real-world challenges, and fast-track your career growth.

Truly Personalized For You:

Your coaching sessions completely adapt to your unique goals.

Smart Data Sharing:

Securely sync your sleep, nutrition, and steps so your coach can give you hyper-targeted guidance from day one.

Flexible Scheduling:

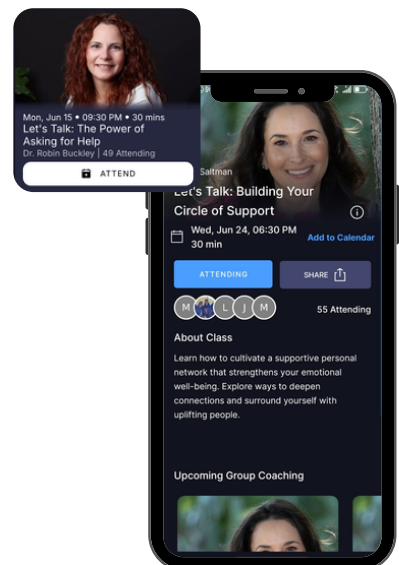
Book sessions instantly on your own time, from any device, and across any time zone no manager approval needed.

Note: You will need at least 2 coaching credits available to book a leadership coaching. ⚠ Important: Credits do not roll over. Use them before they expire! session.

- **Truly Personalized For You:** Sessions built entirely around your unique goals.
- **Smart Data Sharing:** Optionally share your sleep, nutrition, or steps for targeted coaching.
- **Flexible Scheduling:** Book sessions instantly on your own time and across any time zone.

[Book a session](#)

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TO DOWNLOAD
WELLNESS COACH



Booking sessions is easy!

- 1 **Find the coaching section** on the home screen or in the navigation bar, tap "Coaching"
- 2 **Explore by category**, choose the topic that best fits your focus
- 3 **See coach profiles**, rating scores, credentials, and a short bio to find your best fit
- 4 **Book a session**, scroll to the calendar on their profile to view availability and book directly in the app
- 5 **Customize what health data** you share with your coach to help tailor your upcoming sessions. Toggle your preferences below to get started.
- 6 **Once you book**, you'll have the option to add the session to your calendar, and shortly before your session, you'll receive an email with your access link

[Watch tutorial video here!](#)

Other capabilities and resources:

- **Chat with Coach** lets you message your wellness coach directly in the app. It's perfect for quick questions, clarifying session points, and staying engaged between sessions. [Learn more here.](#)
- [Learn more about sharing health data with coaches click here.](#)
- [Full guide on how to book Personal Coaching, click here.](#)

