

TEAM COACHING SESSIONS

Grow Together, Feel Better, Perform Stronger

Why join group coaching?

Group coaching helps you stay motivated, reduce stress, and build real connections with your colleagues. Join a supportive space to learn and grow, guided by certified coaches right inside the Wellness Coach app.

 Nutrition & Body Image

 Mental Health

 Finance

 Sleep

 Fitness

Sessions are led by certified coaches and hosted live inside Wellness Coach. You get expert guidance, peer connection, and actionable wellness strategies, no extra setup needed.

[Browse Coaching Sessions](#)

Session types: Live workshops, guided meditations, and On-Demand sessions designed around topics that matter to you.

Shared Learning:

Learn alongside your teammates and pick up practical strategies you can use right away, at work and beyond.

Flexible Scheduling: Each session lasts 30 or 60 minutes. Topics and times rotate regularly so you can always find one that fits your schedule, no matter your shift or time zone.

You can join private team coaching sessions with your team, including group meditations, workouts, discussions, or workshops hosted by a Certified Expert Coach.

How to find available sessions: Any available or upcoming team coaching sessions for your organization will be listed under the Group Coaching section.

