

Group Coaching

Join live, expert-led group sessions to learn and connect with peers around the world. Free and available for all of Wellness Coach community. Live sessions weekly!

Categories:

 Nutrition & Body Image

 Mental Health

 Finance

 Sleep

 Fitness

Live & Interactive:

- Join live workshops and guided meditations with your peers no complicated setups.

Quick & Flexible:

Bite-sized 30 or 60-minute sessions designed to fit any shift or time zone.

Seamless Integration:

Jump into sessions directly via Zoom, Teams, or Slack.

Joining a session is easy!

- 1 Find the Group Coaching section** on your Wellness Coach home screen.
- 2 Explore** upcoming sessions, check availability, and join the one that best fits your needs.
- 3 Once you click on "Attend"**, you can add the session to your calendar. Shortly before it starts, you'll receive an email with your access link.

[Browse available sessions](#)

[Knowledge Base](#)

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WELLNESS COACH

