

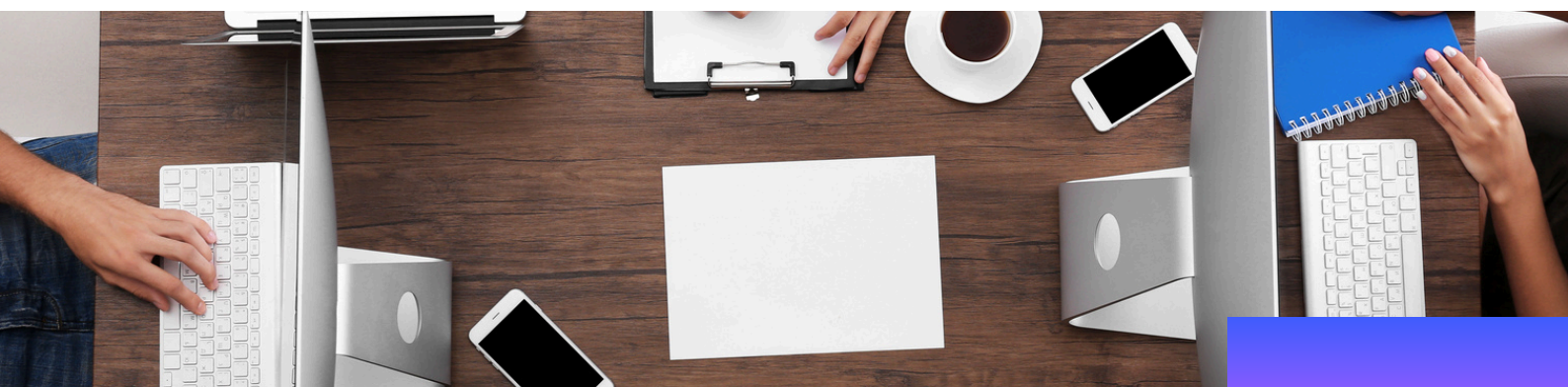


TEAM COACHING CATALOG

Each session in this catalog can be customized to your preferred length whether you're looking for a quick 30 minute boost, a focused 45 minute discussion, or a deep-dive 60 minute experience.

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Our Wellness Pillars



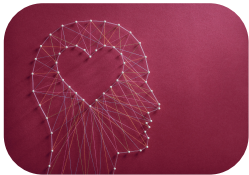
Physical Wellness

Help your team discover new ways to move and stay active with fitness sessions focused on strength, flexibility, and daily energy habits that support long-term health.



Emotional Wellness

Empower employees to manage stress, build resilience, and navigate emotions with confidence by giving them practical tools to stay grounded and well.



Mental Wellness

Support sharper focus, clearer thinking, and a stronger mindset so your team can stay motivated, balanced, and productive throughout their workday.



Social Wellness

Foster stronger teams through challenges that encourage connection, kindness, and a deeper sense of belonging in your workplace culture.



Workplace Wellness

Support career satisfaction, work-life balance, and personal growth by helping employees feel more fulfilled, focused, and supported at work.



Financial Wellness

Ease financial stress with approachable, empowering tools that build money confidence and support your team's long-term financial wellbeing.



Sleep Wellness

Help employees recharge through better sleep, rest-focused routines, and calming practices that renew energy and prevent burnout.

Monthly Top Recommendations

January Recommendations	Wellness Pillars
Vision Mapping for a Purposeful Year	Mental Wellness (main); Workplace Wellness
Dance Your Way Into the New Year	Physical Wellness (main); Emotional Wellness
Habits to Reset Your Spending and Saving	Financial Wellness
Gratitude as a Leadership Skill	Emotional Wellness (main); Workplace Wellness
Build a Realistic Workout Routine for 2026	Physical Wellness
Build a 2026 Budget That Supports Your Goals	Financial Wellness
Resetting Routines for Working Parents	Workplace Wellness (main); Social Wellness; Emotional Wellness
Start the Year With a Calming Mind	Mental Wellness (main); Sleep Wellness

February Recommendations	Wellness Pillars
Journaling for Emotional Clarity	Mental Wellness (main); Emotional Wellness
Building Resilience and Balance at Work	Workplace Wellness (main); Emotional Wellness
Black History Month: Allyship in Action	Social Wellness (main); Workplace Wellness
Black History Month: Black Health and Wellness	Physical Wellness (main); Emotional Wellness; Mental Wellness
Eat Smart for a Healthy Heart	Physical Wellness
Build Emotional Resilience Skills	Emotional Wellness
Parenting with Steadiness	Social Wellness (main); Emotional Wellness
Managing Financial Stress with Clarity and Calm	Financial Wellness (main); Emotional Wellness
The Power of Self-Compassion	Emotional Wellness (main); Mental Wellness
Unlock Your Resilience Potential	Emotional Wellness (main); Mental Wellness

Monthly Top Recommendations

March Recommendations	Wellness Pillars
Digital Boundaries for Better Sleep	Sleep Wellness
Bedtime Routines that Actually Work	Sleep Wellness
The Sleep-Food Connection	Sleep Wellness (main); Physical Wellness
How Recovery Fuels Long-Term Success	Sleep Wellness (main); Physical Wellness; Workplace Wellness
Building Workplaces That Support Balance	Workplace Wellness
Nurturing a Sleep-Friendly Lifestyle	Sleep Wellness (main); Physical Wellness; Emotional Wellness
Nutrition for Fertility and Hormonal Health	Physical Wellness
Movement for HER – Strength, Stretch, and Self-Care	Physical Wellness (main); Mental Wellness

April Recommendations	Wellness Pillars
Financial Planning for Education	Financial Wellness
Financial Self-Care for Working Women	Financial Wellness
Eco-Wellness at Home	Social Wellness (main); Emotional Wellness; Physical Wellness
Habits That Protect Long-Term Health	Physical Wellness (main); Emotional Wellness
Ergonomics at Home and Office	Physical Wellness (main); Workplace Wellness
Let Go of Financial Anxiety	Financial Wellness (main); Emotional Wellness
Everyday Money Lessons at Home	Financial Wellness (main); Social Wellness
How to Talk About Stress at Work	Workplace Wellness (main); Emotional Wellness
Creating a Culture That Prevents Burnout	Workplace Wellness (main); Sleep Wellness
Neurodiversity in the Workplace	Workplace Wellness (main); Social Wellness

Monthly Top Recommendations

May Recommendations	Wellness Pillars
Financial Planning for Education	Financial Wellness
Financial Self-Care for Working Women	Financial Wellness
Eco-Wellness at Home	Social Wellness (main); Emotional Wellness; Physical Wellness
Habits That Protect Long-Term Health	Physical Wellness (main); Emotional Wellness
Ergonomics at Home and Office	Physical Wellness (main); Workplace Wellness
Let Go of Financial Anxiety	Financial Wellness (main); Emotional Wellness
Everyday Money Lessons at Home	Financial Wellness (main); Social Wellness
How to Talk About Stress at Work	Workplace Wellness (main); Emotional Wellness
Creating a Culture That Prevents Burnout	Workplace Wellness (main); Sleep Wellness
Neurodiversity in the Workplace	Workplace Wellness (main); Social Wellness

June Recommendations	Wellness Pillars
Eating for Energy & Unleashing Your Best Self	Physical Wellness (main); Mental Wellness
Smart Snacking for Busy Days	Physical Wellness
Mindful Eating Practice	Physical Wellness
Building Your Circle of Support	Social Wellness (main); Emotional Wellness; Workplace Wellness
Using Inclusive Language at Work	Workplace Wellness (main); Social Wellness
Fitness Basics for Busy Dads	Physical Wellness
How Nutrition Supports Mental Wellness	Physical Wellness (main); Mental Wellness
Creating Safer Spaces at Work	Workplace Wellness (main); Social Wellness
Building Emotional Intelligence in Children	Emotional Wellness (main); Social Wellness
Nutrition for Men's Vitality	Physical Wellness

Monthly Top Recommendations

July Recommendations	Wellness Pillars
Find Your Joy in Movement	Physical Wellness
Rebuilding a Movement Routine	Physical Wellness
Why Strength Training Matters	Physical Wellness
Why Walking Is Underrated and How to Maximize It?	Physical Wellness
Simple Ways to Prevent Injury	Physical Wellness
Simplify Your Nutrition	Physical Wellness
Friendship as Self-Care	Social Wellness (main); Emotional Wellness; Mental Wellness
Embracing Culture for Mental Wellness	Social Wellness (main); Emotional Wellness; Mental Wellness
Zumba: Joy Through Movement	Physical Wellness (main)

August Recommendations	Wellness Pillars
Creative Vision Boards for Clarity	Workplace Wellness (main); Mental Wellness
The Art of Healthy Communication	Social Wellness (main); Workplace Wellness
Using Creativity for Stress Relief	Mental Wellness (main); Emotional Wellness
Dance Cardio: Expressive Movement	Physical Wellness (main); Mental Wellness
Yoga: Flow into Creativity	Physical Wellness (main); Mental Wellness
Unlocking Your Inner Spark	Mental Wellness (main); Emotional Wellness
Food and Mood Journaling	Physical Wellness (main); Mental Wellness; Emotional Wellness

Monthly Top Recommendations

September Recommendations	Wellness Pillars
Aligning Purchases With Your Values	Financial Wellness
Nature Therapy for Mental Health	Mental Wellness (main); Physical Wellness
How to Raise Eco-Conscious Kids	Social Wellness (main); Physical Wellness
Managing Stress for a Healthy Heart	Emotional Wellness (main); Physical Wellness
Movement: Stretch & Strengthen at Any Age	Physical Wellness
How to Support Someone in Crisis	Social Wellness

October Recommendations	Wellness Pillars
Protecting Your Peace in a Noisy World	Emotional Wellness (main); Mental Wellness
Mind-Body Connection in Relationships	Social Wellness (main); Emotional Wellness; Physical Wellness
Gentle Yoga for Desk Workers	Physical Wellness (main); Workplace Wellness
Nutrition & Lifestyle Habits to Support Breast Health	Physical Wellness
Parenting Without Burnout	Social Wellness (main); Emotional Wellness
Cooking Demo for Healthy Snacks	Physical Wellness

Monthly Top Recommendations

November Recommendations	Wellness Pillars
Aligning Your Goals with Your Why	Workplace Wellness (main); Mental Wellness
Gratitude in the Smallest Things	Emotional Wellness
Setting Financial Goals That Align With Your Future	Financial Wellness
Confidence and Empathy in Leadership	Workplace Wellness (main); Social Wellness
How to Raise Purpose-Driven Kids	Social Wellness
The Ripple Effect of Kindness	Social Wellness (main); Emotional Wellness
Releasing Caregiver Burnout	Social Wellness (main); Emotional Wellness
Healthy Habits for Blood Sugar Balance	Physical Wellness
Rethinking Men's Emotional Wellbeing	Emotional Wellness (main); Mental Wellness; Social Wellness

December Recommendations	Wellness Pillars
Resetting Energy for a New Chapter	Emotional Wellness (main); Mental Wellness
Reconnect with Loved Ones Over the Holidays	Social Wellness
Letting Go with Gratitude	Emotional Wellness (main); Mental Wellness
Water-Rich Foods to Fuel Your Body	Physical Wellness
Creating Inclusive Wellness Spaces	Social Wellness (main); Workplace Wellness
Closing the Year with Gratitude and Intention	Emotional Wellness (main); Mental Wellness
Vision Board for the New Year	Workplace Wellness (main); Mental Wellness

Team Coaching Sessions by Pillar

Physical Wellness



Dance Your Way Into the New Year

Boost your energy and joy through a fun, movement-based session that helps release stress and invite positivity. No experience needed, just bring your enthusiasm and a willingness to move!

- **Also aligns with: Emotional Wellness Pillar**

Build a Realistic Workout Routine for 2026

Create a fitness plan that truly fits your lifestyle and goals. Learn how to design a sustainable routine that supports your physical and mental well-being.

Black History Month: Black Health and Wellness

Celebrate and reflect on the importance of holistic health in Black communities. Explore strategies to nurture physical, mental, and emotional well-being while honoring cultural heritage.

Also aligns with: Emotional Wellness, Mental Wellness

Eat Smart for a Healthy Heart

Discover simple, heart-healthy nutrition habits you can easily integrate into daily life. Learn how mindful eating supports both your cardiovascular and overall wellness.

The Sleep-Food Connection

What you eat affects how you sleep. Explore the powerful relationship between nutrition and rest, discover foods that promote better sleep, those that disrupt it, and how mindful eating throughout the day sets the stage for quality slumber at night.

Also aligns with: Sleep Wellness

Team Coaching Sessions by Pillar

Physical Wellness



Nutrition for Fertility and Hormonal Health

Fuel your body with intention. This session focuses on how nutrition impacts fertility and hormonal balance for women. Discover key nutrients, eating patterns, and lifestyle shifts that support reproductive health and overall vitality.

Movement for HER – Strength, Stretch, and Self-Care

This empowering session celebrates movement as self-care. Designed for women of all fitness levels, it blends strength, stretch, and mindfulness to enhance body confidence, balance hormones, and boost overall well-being, inside and out.

Black History Month: Black Health and Wellness

Celebrate and reflect on the importance of holistic health in Black communities. Explore strategies to nurture physical, mental, and emotional well-being while honoring cultural heritage.

Also aligns with: Emotional Wellness, Mental Wellness

Eat Smart for a Healthy Heart

Discover simple, heart-healthy nutrition habits you can easily integrate into daily life. Learn how mindful eating supports both your cardiovascular and overall wellness.

Also aligns with: Mental Wellness

Habits That Protect Long-Term Health

Small changes add up to a lifetime of vitality. Explore evidence-based habits that strengthen your physical, emotional, and mental wellbeing. This session helps you design a realistic approach to health that supports the future you want to build.

Also aligns with: Emotional Wellness

Team Coaching Sessions by Pillar

Physical Wellness



Ergonomics at Home and Office

Posture, movement, and workspace setup play a huge role in how you feel each day. This session introduces simple ergonomic principles to reduce strain and improve focus, no fancy equipment required.

Also aligns with: Workplace Wellness

Eating for Energy & Unleashing Your Best Self

Discover how the right foods can supercharge your energy and mood. This session explores how to fuel your body throughout the day for sustained focus, motivation, and vitality, so you can show up as your best self at work and beyond.

Also aligns with: Mental Wellness

Smart Snacking for Busy Days

On-the-go doesn't have to mean unhealthy! Learn how to choose and prepare snacks that keep you energized, satisfied, and balanced even on your busiest days. Perfect for anyone juggling work, family, and life's many demands.

Mindful Eating Practice

Transform the way you eat by slowing down and tuning in. This guided session introduces mindfulness techniques to help you enjoy food more fully, recognize hunger cues, and build a peaceful relationship with eating, no guilt, no judgment.

Fitness Basics for Busy Dads

Fatherhood is a full-time job, but your health matters too. This session offers simple, time-efficient fitness strategies designed for busy dads. Learn how to boost strength, energy, and confidence without needing hours in the gym.

Team Coaching Sessions by Pillar

Physical Wellness



Nutrition for Men's Vitality

Discover how nutrition can power men's health and longevity. From hormone balance and energy levels to heart and brain health, learn how to make smart, sustainable choices that enhance vitality and overall well-being.

Also aligns with: Workplace Wellness

Eating for Energy & Unleashing Your Best Self

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Team Coaching Sessions by Pillar

Physical Wellness



Nutrition for Fertility and Hormonal Health

Fuel your body with intention. This session focuses on how nutrition impacts fertility and hormonal balance for women. Discover key nutrients, eating patterns, and lifestyle shifts that support reproductive health and overall vitality.

Find Your Joy in Movement

Exercise doesn't have to feel like a chore! In this uplifting session, rediscover movement as a source of joy, not obligation. Explore ways to make fitness fun, fulfilling, and personal, so staying active becomes something you want to do, not have to do.

Rebuilding a Movement Routine

Getting back into movement can feel daunting, but it doesn't have to be. This session helps you restart gently and confidently. Learn how to rebuild consistency, set realistic goals, and enjoy the process of reconnecting with your body one step at a time.

Why Strength Training Matters

Strength training isn't just for athletes, it's for everyone. Discover how building muscle supports metabolism, bone health, and longevity. This session breaks down simple, accessible ways to add strength training into your life, no matter your fitness level.

Why Walking Is Underrated and How to Maximize It

Walking is one of the most powerful forms of movement, and often overlooked! Learn how to make the most of your walks for better fitness, focus, and mood. From posture tips to mindfulness on the move, you'll walk away feeling inspired and energized.

Team Coaching Sessions by Pillar

Physical Wellness



Simple Ways to Prevent Injury

Staying active should make you feel strong, not sore. In this practical session, discover how to move safely through smart warm-ups, good posture, and recovery techniques. Learn how to protect your body so you can keep doing what you love, pain-free.

Simplify Your Nutrition

Healthy eating doesn't have to be complicated. This session cuts through the noise to help you build balanced meals with ease. Learn how to nourish your body with confidence, no strict rules, just simple, sustainable habits that fit your lifestyle.

Team Coaching Sessions by Pillar

Emotional Wellness



Gratitude as a Leadership Skill

Explore how cultivating gratitude can strengthen your leadership presence, enhance team morale, and build emotional intelligence.

Also aligns with: Workplace Wellness

Build Emotional Resilience Skills

Strengthen your ability to navigate stress with calm and confidence. This session introduces emotional regulation tools to help you stay centered through life's ups and downs.

The Power of Self-Compassion

Shift from self-criticism to self-kindness. Discover how treating yourself with compassion can boost resilience, motivation, and inner peace. This empowering session will help you cultivate a gentler, more supportive inner voice.

Also aligns with: Mental Wellness

Unlock Your Resilience Potential

Learn evidence-based strategies to strengthen your resilience in everyday life. You'll explore how mindset, connection, and self-awareness help you adapt and grow.

Also aligns with: Mental Wellness

Celebrating Emotional Wisdom Across Cultures

Discover how different cultures express and honor emotions as strengths. This session highlights the beauty of diverse emotional experiences and helps participants build empathy and global awareness.

Also aligns with: Social Wellness

Team Coaching Sessions by Pillar

Emotional Wellness



Emotional First Aid

Just as we tend to physical wounds, emotional health needs care too. This session provides simple, compassionate tools to manage emotional pain and recover from difficult moments with resilience.

Leading with Emotional Kindness

Explore how empathy, compassion, and emotional awareness strengthen leadership. This session helps you build trust, improve communication, and inspire others by leading from a place of humanity and understanding.

Also aligns with: Workplace Wellness

Protecting Your Peace in a Noisy World

With constant notifications, opinions, and pressures, protecting your peace has never been more important. This session helps you create emotional boundaries, quiet mental clutter, and reconnect with what truly matters, so you can move through life with calm and clarity.

Also aligns with: Mental Wellness

Managing Stress for a Healthy Heart

Your heart deserves care beyond cardio. In this session, uncover how stress affects heart health, and learn evidence-based relaxation and lifestyle techniques to support emotional balance, lower risk, and promote long-term cardiovascular wellness.

Also aligns with: Physical Wellness

Gratitude in the Smallest Things

Big joy often lives in small moments. In this reflective session, learn how to cultivate gratitude for the simple, everyday experiences that bring meaning and peace. Discover how a gratitude mindset can shift stress into serenity and deepen your overall well-being.

Team Coaching Sessions by Pillar

Emotional Wellness



Resetting Energy for a New Chapter

As one chapter closes and another begins, take time to realign your energy and intentions. This session will help you release what no longer serves you and invite fresh motivation, focus, and balance into your life. Through mindfulness and reflection, you'll leave feeling recharged and ready to embrace new beginnings with clarity and purpose.

Also aligns with: Mental Wellness

The Ripple Effect of Kindness

Small acts can make a big impact. Discover how kindness, toward yourself and others, creates a ripple effect that uplifts families, workplaces, and communities. This heartwarming session inspires you to bring more compassion into daily life.

Also aligns with: Social Wellness

Releasing Caregiver Burnout

Caring for others starts with caring for yourself. This session provides gentle guidance on recognizing caregiver fatigue, setting healthy boundaries, and finding moments of rest and renewal, so you can give from a place of balance, not depletion.

Also aligns with: Social Wellness

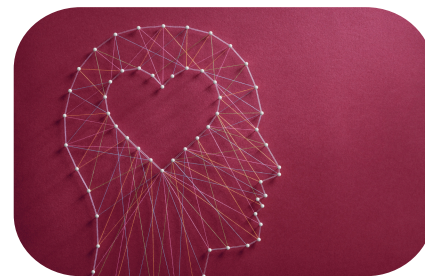
Rethinking Men's Emotional Wellbeing

It's time to redefine strength. This session explores men's mental and emotional wellness, breaking stigmas and opening space for vulnerability, resilience, and connection. Learn how emotional awareness supports healthier relationships and overall vitality.

Also aligns with: Mental Wellness, Social Wellness

Team Coaching Sessions by Pillar

Mental Wellness



Vision Mapping for a Purposeful Year

Start the year by creating a clear vision for what you want to achieve. This session guides you through reflective exercises and goal-setting practices to align your purpose with meaningful action.

Also aligns with: Workplace Wellness

Start the Year With a Calming Mind

Ease into the new year with grounding practices that quiet the mind and restore focus. This session offers breathing and mindfulness tools to help you begin from a place of calm.

Also aligns with: Sleep Wellness

Journaling for Emotional Clarity

Explore how journaling can help you process emotions, gain perspective, and find calm in the chaos. This session guides you through prompts to cultivate awareness and self-compassion. You'll leave with simple writing practices that support mental clarity and emotional growth.

Also aligns with: Emotional Wellness

From Overthinking to Inner Peace

Learn how to quiet mental noise and find calm amidst constant thoughts. This session offers mindfulness tools and cognitive strategies to help you shift from worry to awareness, fostering a greater sense of clarity and control.

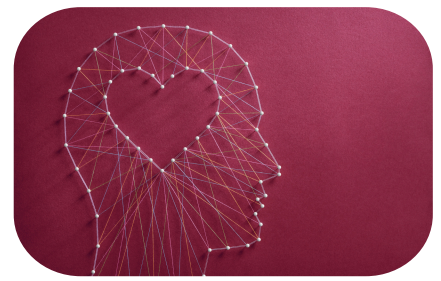
Mental Health Micro-Moments in the Workday

Explore quick, powerful techniques to support your mental wellbeing during busy days. From mindful breathing to short resets, this session teaches easy practices that can transform stress into steady focus.

Also aligns with: Workplace Wellness

Team Coaching Sessions by Pillar

Mental Wellness



Be Kind to Your Mind

Learn how to treat yourself with the same care you give others. Through self-compassion practices and gentle reflection, this session helps reduce self-criticism and nurture inner calm and confidence.

Also aligns with: Emotional Wellness

Nature Therapy for Mental Health

Step outside and reconnect with calm. Discover the science and serenity behind nature therapy, how spending time outdoors can reduce stress, boost mood, and improve focus. Learn simple ways to incorporate nature breaks into even the busiest schedule.

Also aligns with: Physical Wellness

Creative Vision Boards for Clarity

Bring your dreams into focus through creativity! This session guides you in crafting a vision board that captures your goals, values, and inspirations. Learn how visualization can boost motivation and clarity, turning your ideas into intentional action.

Also aligns with: Workplace Wellness

Using Creativity for Stress Relief

Creativity isn't just about art, it's about expression and release. Discover how drawing, writing, or crafting can help reduce stress and calm the mind. This session offers easy, restorative ways to tap into your creative side for emotional balance and joy.

Also aligns with: Emotional Wellness

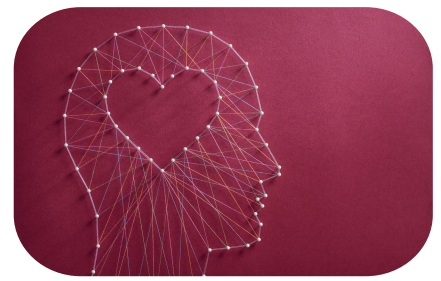
Unlocking Your Inner Spark

We all have a creative spark waiting to shine. This reflective session helps you reconnect with your passions, curiosity, and sense of play. Through guided exercises, learn how to reignite inspiration and embrace creativity as a form of self-discovery.

Also aligns with: Emotional Wellness

Team Coaching Sessions by Pillar

Mental Wellness



Aligning Your Goals with Your Why

When your goals connect with your deeper purpose, motivation flows naturally. This session helps you identify your “why” and align your personal or professional goals with it, creating clarity, focus, and fulfillment in your everyday actions.

Also aligns with: Workplace Wellness

Letting Go with Gratitude

Letting go doesn’t mean forgetting, it means releasing with appreciation. In this reflective session, learn how to honor past experiences, express gratitude for the lessons they’ve brought, and move forward with peace. Discover tools for emotional release and self-compassion that support you in creating space for growth and renewal.

Also aligns with: Emotional Wellness

Closing the Year with Gratitude and Intention

End the year on a mindful note. This session will guide you through gentle reflection, helping you recognize your growth, celebrate your wins, and release what you no longer need. Together, we’ll set clear, heartfelt intentions for the year ahead, cultivating gratitude, clarity, and a renewed sense of purpose.

Also aligns with: Emotional Wellness

Vision Board for the New Year

Turn your dreams into direction. In this session, you’ll design a personal vision board to visualize your goals and intentions for the year ahead. Guided by reflection and imagination, you’ll learn how to use this tool to stay inspired, focused, and aligned with your deepest aspirations.

Also aligns with: Workplace Wellness

Team Coaching Sessions by Pillar

Social Wellness



Black History Month: Allyship in Action

Deepen your understanding of allyship and how to show meaningful support. This session explores empathy-driven actions that foster inclusion, respect, and belonging. Together, we'll reflect on everyday ways to create lasting impact within communities and workplaces.

Also aligns with: Workplace Wellness

Parenting with Steadiness

Explore ways to parent with patience, empathy, and consistency. Learn how to regulate your own emotions to create a calmer, more connected family environment. You'll gain tools to support your children's emotional health while caring for your own.

Also aligns with: Emotional Wellness

Eco-Wellness at Home

Discover how your daily habits can nurture both personal health and the planet. From mindful consumption to sustainable living tips, this session inspires simple, eco-friendly shifts that make your home a place of balance and renewal.

Also aligns with: Emotional Wellness, Physical Wellness

Neurodiversity in the Workplace

Learn how celebrating neurodiversity leads to more creative, inclusive, and high-performing teams. This session offers insights into supporting different thinking styles and fostering environments where everyone can succeed authentically.

Also aligns with: Workplace Wellness

Building Your Circle of Support

Well-being thrives in connection. This session helps you identify and strengthen the relationships that support your goals, at home, at work, and in your community. Learn how to cultivate meaningful connections that encourage growth and resilience.

Also aligns with: Emotional Wellness, Workplace Wellness

Team Coaching Sessions by Pillar

Social Wellness



The Art of Healthy Communication

Good communication builds connection, trust, and understanding. In this session, explore simple yet powerful techniques for expressing yourself clearly and listening with empathy. Strengthen relationships at work and home through mindful, respectful dialogue.

Also aligns with: Workplace Wellness

How to Raise Eco-Conscious Kids

Empower the next generation to care for the planet. This family-focused session offers creative ways to teach children about sustainability, empathy for nature, and mindful living through everyday actions and conversations.

Also aligns with: Physical Wellness

Mind-Body Connection in Relationships

Your emotional and physical health are deeply intertwined, especially in relationships. Discover how stress, communication, and empathy affect both your mind and body. This session offers tools to foster balance, understanding, and well-being in your closest connections.

Also aligns with: Emotional Wellness, Physical Wellness

Parenting Without Burnout

Parenting is rewarding, but it can also be exhausting. This session helps you recognize signs of burnout and offers practical tools for balance, self-care, and realistic expectations. Learn how caring for yourself helps you show up fully for your family.

Also aligns with: Emotional Wellness

How to Support Someone in Crisis

When someone you care about is struggling, it can be hard to know what to say or do. This compassionate session guides you in offering meaningful support, listening with empathy, recognizing warning signs, and connecting others with professional help when needed.

Team Coaching Sessions by Pillar

Social Wellness



How to Raise Purpose-Driven Kids

Help your children grow with curiosity, compassion, and purpose. This session explores ways to nurture values, resilience, and self-awareness in kids, guiding them to make thoughtful choices and contribute positively to their communities.

The Ripple Effect of Kindness

Small acts can make a big impact. Discover how kindness, toward yourself and others, creates a ripple effect that uplifts families, workplaces, and communities. This heartwarming session inspires you to bring more compassion into daily life.

Also aligns with: Emotional Wellness

Releasing Caregiver Burnout

Caring for others starts with caring for yourself. This session provides gentle guidance on recognizing caregiver fatigue, setting healthy boundaries, and finding moments of rest and renewal, so you can give from a place of balance, not depletion.

Also aligns with: Emotional Wellness

Reconnect with Loved Ones Over the Holidays

The holidays offer a beautiful opportunity to deepen our connections with the people who matter most. Join this heart-centered session to explore ways to strengthen bonds, communicate with compassion, and create meaningful moments with loved ones.

Friendship as Self-Care

Connection is powerful medicine. This heartfelt session explores how meaningful friendships support mental, emotional, and even physical well-being. Learn how to nurture authentic connections and lean on your circle as part of your self-care routine.

Also aligns with: Emotional Wellness, Mental Wellness

Team Coaching Sessions by Pillar

Social Wellness



Embracing Culture for Mental Wellness

Our cultures shape how we heal, connect, and thrive. In this reflective session, explore how cultural roots and traditions can be sources of strength and balance. Discover practices from your own background that support resilience and mental wellness.

Also aligns with: Emotional Wellness, Mental Wellness

Creating Inclusive Wellness Spaces

True wellness is for everyone. This session invites open conversation around building inclusive spaces that celebrate diversity, accessibility, and belonging. Learn practical ways to foster inclusivity in workplaces, communities, and wellness programs.

Also aligns with: Workplace Wellness

Team Coaching Sessions by Pillar

Workplace Wellness



Resetting Routines for Working Parents

Discover ways to simplify your days, balance responsibilities, and build supportive routines that work for your whole family.

Also aligns with: Social Wellness, Emotional Wellness

Building Resilience and Balance at Work

Learn practical tools to maintain balance and bounce back from challenges at work. Discover how to turn stress into strength through small, sustainable mindset shifts.

Also aligns with: Emotional Wellness

Talking About Mental Health at Work

Breaking the silence around mental health starts with open conversation. Learn how to create safe spaces, approach sensitive topics, and support colleagues in meaningful, stigma-free ways.

Also aligns with: Mental Wellness

Preventing Burnout Before It Starts

Understand the root causes of burnout and learn how to spot the warning signs early. This proactive session offers realistic strategies to preserve energy, set boundaries, and stay balanced through busy seasons.

Also aligns with: Sleep Wellness

Creating a Culture That Prevents Burnout

A thriving workplace starts with proactive wellbeing. Explore how leadership, connection, and realistic expectations can help prevent burnout before it starts.

Also aligns with: Sleep Wellness

Team Coaching Sessions by Pillar

Workplace Wellness



Building Workplaces That Support Balance

A balanced workplace is a thriving workplace. In this session, we explore how leaders and teams can cultivate a culture that values well-being. From flexible practices to mindful communication, discover ways to create environments where productivity and wellness coexist.

How Recovery Fuels Long-Term Success

Success isn't just about hustle, it's about balance. This session dives into the role of recovery in performance, health, and longevity. Learn how to integrate rest, mindfulness, and recovery practices to avoid burnout and sustain energy for the long haul.

Also aligns with: Sleep Wellness, Physical Wellness

Ergonomics at Home and Office

Posture, movement, and workspace setup play a huge role in how you feel each day. This session introduces simple ergonomic principles to reduce strain and improve focus, no fancy equipment required.

Also aligns with: Physical Wellness

How to Talk About Stress at Work

Stress is universal, talking about it should be too. This session opens up a dialogue on addressing workplace stress with empathy and understanding. Learn communication strategies that promote trust, collaboration, and emotional safety among teams.

Also aligns with: Emotional Wellness

Using Inclusive Language at Work

Words matter. Explore how inclusive language builds trust, respect, and belonging in the workplace. You'll learn practical ways to communicate with awareness and empathy, fostering a culture where everyone feels seen and valued.

Also aligns with: Social Wellness

Team Coaching Sessions by Pillar

Workplace Wellness



Creating Safer Spaces at Work

Psychological safety is the foundation of great teams. Learn how to foster workplaces where people feel comfortable sharing ideas, taking risks, and being authentic. This session offers practical tools for leaders and peers to build trust and inclusion.

Also aligns with: Social Wellness

Confidence and Empathy in Leadership

Great leaders lead with both strength and heart. This session helps you balance confidence with empathy, building trust, collaboration, and respect. Learn communication and mindset strategies that empower you to lead authentically and inspire others.

Also aligns with: Social Wellness

Creating Inclusive Wellness Spaces

True wellness is for everyone. This session invites open conversation around building inclusive spaces that celebrate diversity, accessibility, and belonging. Learn practical ways to foster inclusivity in workplaces, communities, and wellness programs.

Also aligns with: Social Wellness

Vision Mapping for a Purposeful Year

Start the year by creating a clear vision for what you want to achieve. This session guides you through reflective exercises and goal-setting practices to align your purpose with meaningful action.

Also aligns with: Mental Wellness

Vision Board for the New Year

Turn your dreams into direction. In this session, you'll design a personal vision board to visualize your goals and intentions for the year ahead. Guided by reflection and imagination, you'll learn how to use this tool to stay inspired, focused, and aligned with your deepest aspirations.

Also aligns with: Mental Wellness

Team Coaching Sessions by Pillar

Financial Wellness



Habits to Reset Your Spending and Saving

Learn how to approach money mindfully with small, consistent habits that align with your values. Discover practical ways to save smarter and spend intentionally in 2026.

Build a 2026 Budget That Supports Your Goals

Set yourself up for financial success by crafting a budget that reflects your aspirations. This session provides actionable tools to track, plan, and adjust your spending with confidence. You'll learn how to make your money work for what matters most to you.

Managing Financial Stress with Clarity and Calm

Gain a new perspective on financial wellbeing. This session helps you identify money stress triggers and build mindful practices to restore confidence and control.

Also aligns with: Emotional Wellness

Financial Planning for Education

Whether you're saving for your own education or your child's future, this session breaks down smart, sustainable strategies for managing costs. Learn how to plan effectively, explore funding options, and create a clear path toward educational goals with confidence.

Financial Self-Care for Working Women

Money management is more than numbers, it's a form of empowerment. This session helps working women redefine financial success, build confidence around money, and set boundaries that support both career and personal wellbeing.

Team Coaching Sessions by Pillar

Financial Wellness



Let Go of Financial Anxiety

Money stress can take a heavy emotional toll. In this session, learn techniques to calm financial fears, reframe limiting beliefs, and cultivate a healthier relationship with money. Expect to leave feeling lighter, more centered, and empowered to move forward.

Also aligns with: Emotional Wellness

Everyday Money Lessons at Home

Bring mindfulness and intention into your financial routines. This session shares ways to model healthy money habits for your family and strengthen financial literacy together.

Also aligns with: Social Wellness

Aligning Purchases With Your Values

Every purchase is a reflection of what matters to you. This session helps you explore mindful spending, choosing products, brands, and habits that align with your values and well-being. Learn how conscious consumption can bring greater satisfaction and purpose to daily life.

Setting Financial Goals That Align With Your Future

Financial wellness is about more than numbers, it's about alignment. This session explores how to set money goals that reflect your values and vision for the future. Learn how intentional financial planning can bring balance, confidence, and peace of mind.

Team Coaching Sessions by Pillar

Sleep Wellness



Digital Boundaries for Better Sleep

In a world that never powers down, setting digital boundaries is key to restful nights. Learn how screen time, notifications, and online habits impact your sleep quality, and discover practical strategies to unplug, unwind, and reclaim your evenings for deeper rest.

Bedtime Routines that Actually Work

Not all bedtime routines are created equal! This session explores science-backed rituals that help signal your body it's time to rest. From evening mindset shifts to simple relaxation techniques, build a bedtime routine that's realistic, sustainable, and truly restorative.

The Sleep-Food Connection

What you eat affects how you sleep. Explore the powerful relationship between nutrition and rest, discover foods that promote better sleep, those that disrupt it, and how mindful eating throughout the day sets the stage for quality slumber at night.

Also aligns with: Physical Wellness

How Recovery Fuels Long-Term Success

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Also aligns with: Physical Wellness, Workplace Wellness

Nurturing a Sleep-Friendly Lifestyle

Good sleep doesn't happen by chance, it's built through daily habits. Learn how to design a lifestyle that supports your natural sleep rhythms through mindful movement, nutrition, environment, and emotional balance. Small changes can lead to big improvements in rest.

Also aligns with: Physical Wellness, Emotional Wellness

Team Coaching Sessions by Pillar

Sleep Wellness



Creating a Culture That Prevents Burnout

A thriving workplace starts with proactive wellbeing. Explore how leadership, connection, and realistic expectations can help prevent burnout before it starts.

Also aligns with: Workplace Wellness

Preventing Burnout Before It Starts

Understand the root causes of burnout and learn how to spot the warning signs early. This proactive session offers realistic strategies to preserve energy, set boundaries, and stay balanced through busy seasons.

Also aligns with: Workplace Wellness

Start the Year With a Calming Mind

Ease into the new year with grounding practices that quiet the mind and restore focus. This session offers breathing and mindfulness tools to help you begin from a place of calm.

Also aligns with: Mental Wellness