

WAKE-UP SHAKE-UP THRIVE!

FOR INDIVIDUALS

Wake-Up, Shake-Up



INDIVIDUAL COACHING



GETTING OLDER IS INEVITABLE, GROWING OLD IS NOT!



Lifestyle determines 70% of the characteristics we commonly associate with ageing, such as slowing down, memory or frailty. What this means is that, not only can we change how we age by choosing our lifestyle, but that we better act NOW because we likely have a long life ahead of us!

If you find yourself saying...

“I want to live life more fully and have more fun along the way.”

“I need new ideas, perspectives and inspiration.”

“I want to reinvent myself for this next chapter of my life.”

“I’m seeking a new direction or renewed purpose.”

“I wish I could start over and do things differently.”

“It’s time to take care of ME!”

Then join us to inspire and be inspired! Together, we will create a fun, positive experience allowing you to grow and get faster results than you could ever do on your own!

INDIVIDUAL COACHING DETAILS

OUR EXCLUSIVE 1:1 COACHING PROGRAMS ARE DESIGNED FOR YOU!



ENHANCE YOUR HEALTH & WELLBEING!

COACHING WITH ELLEN TO:

- Assess your current physical wellness.
- Understand the relationship between age and health: nutrition, movement and recovery.
- Eat for optimal health & enjoyment, at any age.
- Encourage balanced, healthy choices without restrictive rules.
- Rediscover joy & vitality through physical activity.
- Understand the importance of sleep & recovery during aging.
- Get inspired!
- Exchange practical ideas & tips.
- Care for your body & mind for optimal health.
- Motivate sustainable lifestyle change through a realistic, concrete plan.
- Take charge!

OPTIMIZE YOUR TALENTS & POTENTIAL!

COACHING WITH DOMINIQUE TO:

- Realign and use your values.
- Confirm your key strengths & how you can optimize them in your third chapter.
- Discover YOUR optimal environments for thriving.
- Discover professional possibilities that you have yet to realize.
- Develop your personal brand and unique value.
- Raise awareness about your resilience level and get useful tips.
- Gain clarity about what your next chapter(s) could look like.
- Align with your true purpose
- Motivate sustainable change through a realistic, concrete plan.
- Take charge!



Ellen Kocher is an economist and certified workplace wellness consultant. Educated in the USA and now holding a master's degree in health & wellness coaching and accreditation as an ICF, Health and Mindful Eating Coach, she has lived in Switzerland for over 30 years. Following 10 years in the finance industry, Ellen understands the challenges of a busy working lifestyle.

Embarking on her own journey of health and wellness in 2003, Ellen has dedicated the last 15 years to nutrition and workplace wellness promoting a non-diet, mindfulness-based approach to eating, physical activity, holistic health, and self-care. She has coached hundreds of individuals and groups in dozens of organizations to make sustainable lifestyle changes, empowering them to go from knowing what to do to actually doing it!

Dominique Ben Dhaou has been working in human resources leadership for over 30 years in several prestigious international organizations. She has experience in 12 different industries across continents. As the founder and Managing Director of the consulting firm, PointNorth International, she helps professionals and executives reinvent careers that truly fit their experience, values, skills and purpose.

Expert in career reinvention, talent management, Dominique has at heart to develop purpose. Her passion for untapped potential runs deep. In 2016, she was named "Best Professional in Human Resources." In 2018, she was voted Best Leader of the Year by the same organization. Certified in NLP, Mental Fitness and several assessments tools, she turns potentiality into reality.

We work with you as mentors and guides certified in our specific areas of expertise. We support you in exceeding your goals by helping you explore, create, and implement positive, sustainable lifestyle changes.

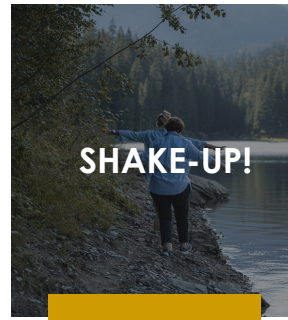
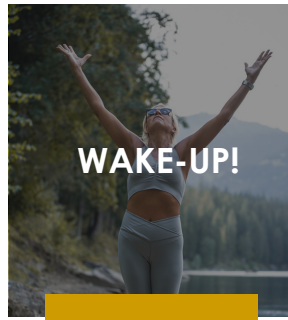
Partnering with two coaches at this stage of your life will give you the peace of mind to navigate any doubts or fears and move forward to thrive!

THIS MIGHT BE THE BEST LIFE-CHANGING DECISION YOU HAVE EVER MADE!

Contact us for your COST-FREE 20-minute DISCOVERY SESSION to see if our package is right for you!



INDIVIDUAL COACHING PACKAGES



Coaching Support Level

Experience virtual 50 minute personalized coaching sessions.

Partner with 2 experts in their respective industries.

Obtain faster results than on your own.

Save money, time, stress and anxiety.

Trigger a fun, positive experience to grow organically.

Enjoy flexible session timing. Pick the most convenient times for you!

Benefit from an accountability partner.

Learn through mentoring and guidance.

Be inspired to create & implement positive long term change.

Obtain support in goal setting and reaching.

Receive guidance in navigating doubts or fears.

Achieve sustainable lifestyle change.

Raising Awareness

6



Action and Change

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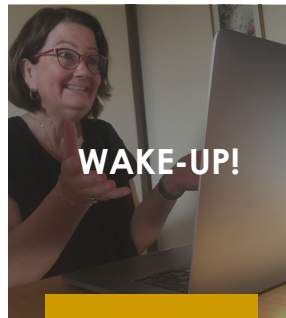
Real Sustainable Results

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INDIVIDUAL COACHING PACKAGES

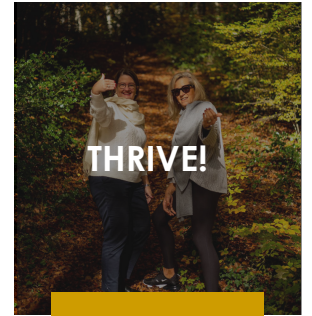
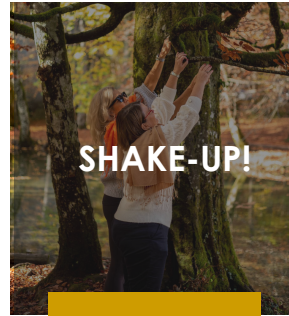


Program Support Level

	Raising Awareness	Action and Change	Real Sustainable Results
Benefit from e-mail support.		✓	✓
Benefit from phone support.			✓
Benefit from priority response time.			✓
Experience virtual sessions (zoom, skype).	✓	✓	✓
Enjoy in-person sessions (optional).			✓
Choose specific meeting venue.			✓
Access coach weekday.	Working Hours	Flexible	Anytime
Access coach weekend.			✓
Exclusive social media communities.	✓	✓	✓



INDIVIDUAL COACHING PACKAGES



Resources

	Raising Awareness	Action and Change	Real Sustainable Results
Receive personalized assessments.	1 to 2	2 to 4	Unlimited
Access relevant Documents.	✓	✓	✓
Access relevant Research.	✓	✓	✓
Access Useful Tips & Takeaways.	✓	✓	✓
Get Early-Bird notice of events.		✓	✓
Benefit from VIP access to events.			✓
Pay in flexible installments (CHF 500).		✓	✓
Receive exclusive early notice of Publications & Articles.	✓	✓	✓
A hard cover copy of our new BOOK with accompanying Thrive Guide.			✓
An E-Copy of our new BOOK and accompanying Thrive Guide.		✓	
An E-Copy of our new BOOK.	✓		