

HEALTH COACHING FOR BUSINESSES

SICILY / ITALY

THE KEY TO
SUCCESS IS TO
PRESERVE THE
HABITS THAT
BROUGHT YOU
TO THIS LEVEL.

YOU ARE
STILL JUST AN
ORDINARY
HUMAN BEING.

H2N
HUMAN NATURE

COACHING AND TEAM BUILDING

#business / #motivation / #ambition / #healthy / #goals / #fitness / #career

DAY 1

Check into your accommodation, relax and unwind. Meet your group and your coaches. Have a healthy dinner, get a good night's sleep and get ready to start in the morning!

DAY 2

- Yoga and Meditation session "Set the Intention for the day"
- Breakfast
- The Personal Life Wheel - To discover, explore and realise what drives and motivates us - Evaluate your life in 8 different areas
- Introduction to healthy foods, you are what you eat. Explore in depth your current dietary habits, lifestyle and goals
- Lunch
- Free time
- Cycling/ running/ High Intensity Interval Training
- Relax
- Dinner / Relaxation practise

DAY 3

- Yoga and Meditation session "Set the Intention for the day"
- Breakfast
- The Personal Life Wheel - To discover, explore and realise what drives and motivates us - Evaluate your life in 8 different areas
- Explore in depth your Lifestyle goals
- Lunch
- Free time
- Cycling/running/High Intensity Interval Training - Get Strong and fit quickly and burn calories post workout. Get those feel good endorphins great for mental and physical health
- Cooking class
- Dinner / Relaxation practise

Explore what is possible for you and define your very personal and business goals. Make the change and realise your ambitions!

DAY 4

- Yoga and Meditation session "Set the Intention for the day"
- Breakfast
- Discover what is important to you, explore and discover our sense of identity, values, unique abilities, talents and capabilities. Explore, discover and realise what motivates us in all areas of your life
- Explore what is important to you, discover and realize you sense of identity, values, unique abilities, talents and capabilities
- Lunch
- Free time
- Cycling/running/High Intensity Interval Training - Get Strong and fit quickly and burn calories post workout. Get those feel good endorphins great for mental and physical health
- Sound walk experience

DAY 5

- Yoga and Meditation session "Set the Intention for the day"
- Breakfast
- What have we learned about ourselves?
- Introduction to seasonal harvesting, following the natural seasonal rhythms of product
- Lunch / Depart at your leisure

Create a wheel which represents balance to you. Discover and explore how satisfied you are in those areas, a moment of reflection to reacquaint with oneself. A regular exercise routine is one of the best habits you can adopt. If you combine it with healthy meals, you'll get more energy that you can easily transform into productive work. Successful managers Listen - Engage - Authorize - Demonstrate. Are you ready to LEAD?

Health Coaching for Businesses is results-oriented program that enable employees to work one-on-one or in small peer group with a specialized career coach and wellness coach to bring balance to their work and personal life and improve their overall health. Our programs allow participants to address a wide range of topics including; stress, fitness, nutrition, goals and many more.