

PERSONAL DEVELOPMENT & WELLNESS CLASS

This class is designed to equip YOU with practical, real-life skills to improve your overall well being, strengthen communication, navigate change, manage stress and advocate for yourself with confidence. Each week a different skill is taught and homework is assigned so that you can continue to practice and apply what you've learned throughout the week. All students also receive a weekly follow up call for questions and discussion as well as access to our monthly support group call.

Class Details

- One-Hour Interactive Class
- Private Wellness Studio-Farmingdale
- \$100/class (Direct Billing is Available)



Class Topics

- Transition Skills
- Communication & Conflict Resolution
- Stress Management
- Goal Setting
- Decision Making
- Fitness & Nutrition
- Mindfulness
- Habits
- & More!

**Book a Discovery
Call with me!**

<https://calendly.com/coachjanetmcl/30min>

Contact Me



516-526-8328



coachjanetmcl@gmail.com