



Wellbeing Coaching Services

We understand that sometimes professional success can come at the expense of yours, and your team's wellbeing. At Interaction we believe you deserve both professional and personal success. Let us know if this is an area that you want to focus on, and we will connect you with one of our coaches with wellbeing expertise.

INTERACTION

Services

All of our wellbeing coaching services are bespoke and tailored to your individual or group needs or preferences.

- Individual and group wellbeing coaching
- Wellbeing goal generation
- Understanding the barriers to sustainable change
- Wellbeing strategies to meet desired goals
- Mindfulness programs
- Yoga programs
- Group wellbeing and team-building activities





If you think you need more support than wellbeing coaching can provide, we can connect you with one of the psychologists in the Interaction Community who will provide you with clinical support and advice.

INTERACTION