



WELLNESS GOAL SETTING COACHING WITH JOELLE COGLIATI

If you are ready to prioritize wellness but unsure where to start, our wellness goal-setting program is for you. The program consists of 1, 3 or 10 coaching sessions at your best pace and will cover goal-building technologies from educational platforms that have proven results in transformation.

One Coaching Session

A single coaching session will cover a systematic proven and reliable educational process, 3 keys to your success and referrals to the best practitioners in wellness for you.

\$125 Members | \$138 Nonmembers

Three Coaching Sessions

During your three coaching sessions, Joelle will cover a systematic, proven, and reliable educational process, a deep dive into the 3 keys to your success.

\$375 Members | \$412 Nonmembers

10 Coaching Sessions

Ten coaching sessions with Joelle will cover the following:

Phase 1 - Blueprinting

- Discover your #1 Wellness Goal.
- Design and Test your Goal.
- Deserving - Increase your sense of Achieving and Receiving.

Phase 2 - Bridging

- Fear - Befriending it
- Lack - Welcoming an abundance of Health
- Perceptions - Evolving your Perceptions.

Phase 3 - Building

- Listening to the Inner Self.
- Harnessing the power of believing.
- Turning Failure into a Steppingstone.

Phase 4 - Achieving

- Harvesting your dream from your tenacity and believe in yourself.

\$1,100 Members | \$1,200 Nonmembers

ABOUT JOELLE COGLIATI

Joelle Marie Cogliati comes to us with 30 Years + in Health and Wellness, battling her own heredity rich in obesity and chronic pain. She has vast professional experience as an Orthopedic Massage Therapist, Personal Trainer, Yoga Instructor, Professional Occupational Athletics Careers, and Wellness Coaching. Allow her to listen, illuminate, educate, elevate, and guide your wellness transformation with services available inside our world class facility.