

WAKE-UP SHAKE-UP THRIVE!

FOR INDIVIDUALS

Wake-Up, Shake-Up



INDIVIDUAL 90-MINUTE
WAKE-UP, CHECK-UP!



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!

Are you over 50 and...

... Envisaging your next phase of life?

... Seeking balance in all dimensions of life?

... Aspiring to feel more valued and included?

... Looking to feel more integrated, involved, and inspired?

... Craving serenity and support in your thoughts and choices?

... Transitioning in your life seeking agility, confidence, and, perhaps re-invention?

INDIVIDUAL 90-MINUTE WAKE-UP, CHECK-UP!

IT'S TIME FOR YOUR **WAKE-UP, CHECK-UP!**



Your 90-minute wake-up check-up with 2 professional coaches will provide the foundation you need to rise above and think pragmatically about your life transition beyond age 50. Together, we will discover where you situate yourself today in the 5 Dimensions of Well-Being: Physical, Emotional, Intellectual, Spiritual, and Financial.

You will leave your individual coaching session with...

- **Your personalized CHECK-UP in each dimension**
- **Your unique “Thrive Guide” with checklists for thriving in the many years to come!**
- **1 Copy of our newly released book “Wake-Up, Shake-Up, Thrive!” How to Lift Up Your Life in Your 50’s & Beyond!” delivered to your home or office**
- **A VIP offer for moving forward toward your dreams**
- **Ongoing support**

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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.

This might be the best life-changing decision you have ever made.

Investment in your future self: 350 USD

Contact us for your **COST-FREE 20-minute DISCOVERY SESSION to see if our **CHECK-UP** is right for you.**

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