



*Wellness by Patricia Ann*

*Transformation and Behavior Change Coach.  
Empowered Well-Being Coach.  
Corporate Wellness Consultant.  
Speaker.*

# How will you benefit from wellness coaching?



- Uncover your innate strengths
- Increase your self-awareness
- Clarify your values
- Overcome obstacles holding you back
- Develop your wellness vision
- Visualize new possibilities
- Set your priorities
- Design positive actions
- Thrive positioning
- Inevitable success

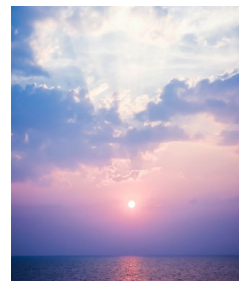
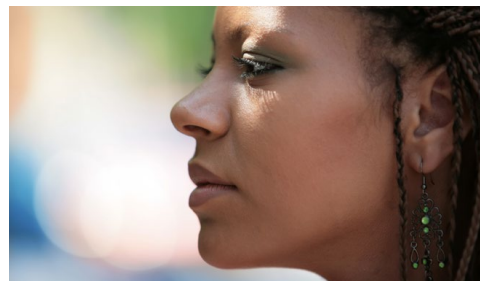
*Heart-to-Heart Coaching  
since 2016*

*Hosts Group Cleanse programs  
with 80 to 100%  
successful results*

*Over 7 years, more than  
10 wellness presentations -  
audience specific*

*Corporate Wellness Consultant  
since 2018*

*Get Out of Stuck workshops*



*See the next page for my services*



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Pat's calendar: book an appointment

# Hello. I'm Coach Pat

As a Wellness by Patricia Ann coach, I coach by creating awareness, create new perspectives and attitudes around whole body wellness. I partner with clients through collaboration, breaking down big lifestyle changes into accessible steps. As a health coach, I apply motivational strategies, behavior change theory, and communication techniques that help clients create sustainable changes that lead to better wellbeing and vibrant health.

As a health and wellness coach, I partner with clients interested in moving toward greater health and well-being. You will find our time together to be supportive, collaborative and encouraging as you create goals at a pace you're comfortable with,



because self-directed goals lead to lasting change.

## Discovery call

A complimentary 20-minute discovery call will give you a chance to ask any questions and give us a chance to get to know each other a little. We'll talk briefly about the support you need and determine if I'm a good fit for you, the coaching collaborative partnership that supports your desire to shift your lifestyle in ways that will empower and enhance your well-being.

I look forward to hearing your story and coming alongside you on your journey.

[Book Your Discovery Call Now](#)

## Services: *A few ways I can help*

### ONE ON ONE COACHING

[Click here to learn more](#)

### 14 -DAY RESET CLEANSE

[Click here to learn more](#)

### 21-DAY TOTAL BODY RESET CLEANSE

[Click here to learn more](#)

### SPEAKER

[Click here to learn more](#)

### TOTAL TRANSFORMATION: 90-DAY INTENSIVE

[Click here to learn more](#)



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