



Susan Ezra, RN, NC-BC, ACC

Susan is a Board Certified Nurse Coach and a Holistic Health Nurse
Offering a

Health-Focused Coaching Group

To enable a group of 4 - 5 individuals to identify the changes and goals they want to accomplish and then tap into their own inner resources, wisdom, and insights with the assistance of group support and the coach's skills and tools.

COACHING is a powerful way to:

- ~ Look at where you are and where you want to be
- ~ Define and meet your health goals
- ~ Address life-style changes in nutrition, exercise, habits, etc.
- ~ Maximize your well-being and quality of life
- ~ Become a stress-hardy person
- ~ Incorporate healthy self-care practices

This coaching model is action and insight focused, dynamic and interactive, uses wisdom from integral levels of knowing from the mind-body-emotion-spirit-collective. This group is suitable for people dealing with a health challenge, chronic pain, or stress. 1:1 sessions are also available.

Days, dates, times, duration and on line or phone access can be set up for each individual group. Total group cost is much less than 1:1 coaching and TBD for each group.

Group Coaching is unique, fun and effective!

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