

Bella Vita Coaching is here for you and as such, we are committed to protecting the health and welfare of our clients and colleagues.

We will continue to follow the guidelines and recommendations of the Ontario Ministry of Health during this pandemic and we encourage you to visit <http://www.health.gov.on.ca/en/> for the most accurate and up-to-date information about COVID-19.

Bella Vita Coaching is available to serve you via telephone consultations or video consultations if you prefer. Please do not hesitate to email us with any questions or concerns about how we can best serve your needs during this time.

“Fear cannot thrive in an environment overwhelmed by hope.”