

Online Virtual Group & Individual Coaching

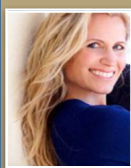
A Confidential & Empathetic Environment to Ignite Community & Healing

EMPATHY IS NOT CONNECTING TO AN EXPERIENCE.

***Empathy
is connecting
to the emotions
that underpin
an experience.***

If You or Someone You Know
is Struggling
[Email Us Today](#)

Facilitator



Hallie Heeg, BA, CPC
hallie@werise.co.uk

Hallie Heeg is an entrepreneur, executive leader, recovery coach, and interventionist with over 18 years of expertise in eating disorders, substance use disorders, process addictions, and mental health. She has over 15 years of personal recovery herself and has helped hundreds of individuals, families, and professionals.

Problematic Issues with Food and Body Image

A confidential group for men and women ages 18+ struggling with food restriction, anorexia, bulimia, binge eating, compulsive overeating, disordered eating or problems with food, body image and or exercise.

Join other individuals with similar life stage experiences, responsibilities, and challenges to learn how to stop the destructive cycle and internal struggles with food and or compulsive behaviors. Create and achieve goals to feel better about yourself, your health and relationships. Learn how to tackle stress and maintain healthy boundaries and coping strategies. Together you will learn new ways to manage thinking patterns and nurture self-esteem.

Virtual Coaching

Virtual group coaching is a confidential place where you can talk about what really matters to you with others that relate to your experiences. Group sizes are a minimum of 3 and maximum of 9. Each group is 1 hr and runs for 6 weeks.

Every Monday at 7:30pm UK time

Information

For group descriptions, fee's, registration please visit
www.werise.co.uk