



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.

Mission

To ignite authenticity and a space for human beings of different demographics to connect and feel safe to collectively be vulnerable in a way that helps reduce isolation and loneliness and provides empathy, encouragement, and support.

Who

Specific groups are currently offered to support:

- Problematic issues with food and body issues (Adolescents & Adults)
- Bingeing and over eating (Adults)
- Young adults (18-30) Mental resilience and stress management
- Adolescents (13-17) Emotional regulation and social connection
- Couples (Confidential therapeutic family problem-solving)
- Men (Private space to discuss today's challenges)

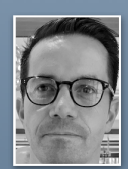
What

Virtual group coaching is a confidential place where you can talk about what really matters to you with others that relate to your experiences. Meetings are led by certified coaches and/or clinical professionals who have first-hand experience. Group sizes are a minimum of 3 and maximum of 9. Each group is 1 hr and runs for 6 weeks.

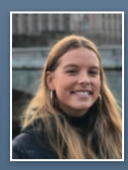
If You or Someone You Know is Struggling [Email Us Today](#)



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Information

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