

Thriving in 2023 and Beyond

A 5-Week Virtual Group Coaching Opportunity

Offering a 5-week virtual and confidential group coaching series for women who are managing a chronic condition(s) and would like to improve their overall sense of wellbeing. In each session, we will explore self-care and stress management practices using mindfulness and self-compassion to navigate the daily challenges of living with a chronic illness and life in general.



The purpose of this coaching series is to provide you with new tools, or dust off ones you already have, to achieve more calm, peace, and balance in your life. I will guide group participants to not only increase self-awareness, but also to set and achieve meaningful and realistic goals, while overcoming obstacles that can get in the way of positive change.

In each session, I will encourage safe, confidential, non-judgmental, compassionate, and supportive individual and group interactions. You will receive the support of a board-certified health and wellness coach and benefit from a connection to other women who may share similar health and wellbeing challenges and hopes.

Additional Details

Days: Wednesdays on January 18, 25 and February 1, 8, 15 of 2023

*A five week commitment is required to register.

Times: 5:00 - 6:30 pm

*Sessions start and end on time, and include a short break if needed.

Location: Virtual, secure and confidential video software link will be provided once registration (login, payment, and form completion) is complete.

Cost: \$25 per session/\$125 total upfront payment

*No refunds after January 4, 2023

*A credit card payment is required through my secure online coaching software. A confidential coaching agreement is to be read and signed electronically at the time of registration and payment.

Spots: 6 - 8 participants total

*A minimum of 4 participants needed for the group to proceed. Waitlist available.

Contact Debbie at debbie@centerpiecewellness.com if you are interested in learning more and to sign up for this group coaching opportunity.