

Cognit Wellness Intervention

Suggested 10 Session Wellness Program

(90 minutes per session)

- 10 session open carousel group. Clients can join anytime or wait for the next session 1 to begin.
- Clients are expected to complete one exercise in the workbook each session. It works best when clients complete a self-assessment and journal each day.

Program Structure

- Session 1: daily self-assessment and journalling
- Session 2: meaning, purpose and passion
- Session 3: strengths
- Session 4: beliefs
- Session 5: principles and values
- Session 6: wellness tools
- Session 7: wellness strategies
- Session 8: program review
- Session 9: what did we learn about ourselves
- Session 10: celebration and acknowledgements

Contact us for your free Wellness programs.

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