

CORPORATE WELLNESS PROGRAMS



Applying the tools of
Life & Health Coaching

LIFE & HEALTH
COACHING
PROGRAMS



CORPORATE
COACHING
WORKSHOPS



Welcome!

I'm Maggie, an ex-social worker, corporate trainer/manager and country-hopper turned online life & health coach. I work with private and corporate clients worldwide and specialize in stress management, communication skills, time optimization, confidence and health. Oh, and dad jokes.



I am excited to offer your team the tools of life & health coaching to boost their professional and personal wellness. With my support your team members will be able to make long-lasting positive changes, leading to increased performance and morale.

My dynamic and flexible **online workshops** can be tailored to your company's needs. They are available as standalone workshops, or can be purchased as a package, combined with coaching sessions.

I also provide one-on-one **life coaching programs**. These programs are perfect for team members who could use personalized support to acquire the skills needed for personal wellness and better performance. By setting up goals, strategies and practical actions, they can make positive changes very quickly.

Life Coaching Program

Life Coaching?

Let's start from the beginning: what on earth does a life coach do? A life coach helps you to gain clarity, set up goals, develop strategies and plan actions to create a happy and healthy personal and professional life. Life coaches do this by asking 'annoying' questions, connecting the dots and at times suggesting solutions.

The focus is on the present and future, as opposed to the past such as in therapy. My particular style of coaching incorporates CBT techniques to address unhelpful beliefs and thoughts that are holding you back.

I am a qualified health coach as well, which means that I can work with clients to establish healthy habits. I categorize life into six pillars of health: physical, mental, social, vocational/ financial, environmental and spiritual health. All of these pillars affect each other, and so can be worked on together.

What we can do:

- Prevent & manage stress
- Refine communication skills
- Improve diet & physical activity
- Find work-life balance
- Tackle negative self-talk & self-doubt
- Develop executive functioning skills
- And much more!

Life Coaching Program

The Life Coaching Program is a life & health coaching package offering personalized support to team members, to help them develop strategies and skills to quickly improve their personal wellness and professional performance.

What is included:

- **8 one-hour coaching sessions** - *one session per week*
- **Extra half hour** - *added to the intro session to get a head start*
- **Health & wellness assessment** - *to clarify which areas to work on*
- **Session summaries** - *sent after every session for easy follow-up*
- **Weekly homework & check-ins** - *for more thorough work and to stay on track*

Life Coaching Program

Benefits for the company

- Stronger organizational commitment
- Improved work performance
- Higher goal attainment
- Increased organizational profitability

Benefits for the individual

- Reduced stress & anxiety
- Enhanced resilience
- Improved wellbeing
- Increased job satisfaction



**Benefits'
Sources**

What others have said about this program

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Maggie has recently come on board as Jono & Johnno's dedicated life coach. We couldn't be more impressed with Maggie's ability to draw the best out of our team, helping them set and achieve goals both in and outside of their work lives.

Talented, whip-smart, and very funny, Maggie would be an asset to any team, or individual, who sought her services.

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Workshops

Standalone Workshops

My three-hour online workshops are fun, flexible and f... dynamic. They are built on the 'less blah blah, more aha!' principle, meaning that more time is spent on practical exercises than on theory. Your team will gain mental and physical health benefits, while boosting their morale and team spirit. The content and duration of the workshop can be tailored to the company's needs.

Workshop themes:

Stress Buster

- Identifying & preventing stress
- Changing stressors
- Harnessing thoughts to regain control
- Healthy habits

Mental Fitness

- Tackling negative self-talk & overwhelm
- Time management
- Motivation
- Concentration
- Work-life balance

Body & Brain Health

- Nutrition
- Physical activity
- Rest
- Habit formation

Social Wellbeing

- Communication & boundary setting
- Team building
- Community

Workshops & Sessions Package

The Workshops & Sessions Package combines the benefits of workshops with those of personal coaching sessions. It includes four workshops, perfectly attuned to one another and spaced out according to the company's preference. In-between the workshops and after the last workshop, attendants can book in for one-on-one coaching sessions. This gives your team the opportunity to receive personalized support related to the workshop themes.

What is included:

- 4 three-hour workshops
- 4 four-hour blocks of personal coaching sessions

Workshops

What others have said about my workshops

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I recently had the opportunity to participate in a "Stress Buster Workshop" led by Maggie at my workplace.

Having witnessed Maggie's exceptional coaching skills, I can vouch for her being extremely organised in her teaching, being clear and on point, whilst also showing empathy and understanding towards participants and employing different techniques to involve everyone in the conversation.

The workshop seamlessly blended elements of theory with hands-on exercises. This kept my attention up throughout the session and equipped me with practical tools to manage my stress. I highly recommend Maggie as a Life Coach for any individual (or company to offer to their employees) seeking ways to manage stress and enhance their lifestyle.

”

My story

I was born in Belgium and studied social work there. After a few years of working, I decided to travel to Australia to stay there for six months... Which turned out to be four years. While I was there I studied sports massage for two years and worked as a massage therapist. I then moved to the UK, where I established a successful sports massage practice.

After Brexit my future there felt unstable, and so I made another move, this time to Malta. I couldn't continue as a massage therapist because it took a toll on my body so I entered the corporate world, working as a trainer and manager for companies in the EU, UK and US.

And then... I suffered Breakdown 1.0 and Breakdown 2.0 (I always aim to improve, on breakdowns too). Breakdown 1.0 came after getting out of an incredibly stressful job. My body simply said "Nope" and "How dare you". After not being able to work for months, I started another corporate job. Some big things happened in my personal life which, you guessed it, led to Breakdown 2.0. I was exhausted, mentally this time.

That's when I started doing cognitive behavioural therapy. I learnt a great deal about myself and got myself out of the mud. I also discovered that I have ADHD, which explained a lot. Out of my self-development journey came that I wanted to combine my passion for helping people and my interest in education, psychology, mind/body connection and wellness. So I studied for another year, and your life and health coach was born!

When I tell my clients that I understand, that is not an empty message. Aside from being a highly empathic individual, I have found myself in various difficult situations and understand the impact of stress. As a world traveller who worked as a corporate trainer and coach for years, I also know how to coach people with different personalities and backgrounds. Last but certainly not least: I am very, very passionate about what I do. I look forward to meeting you and your team!

Want to know more?
Check out my website!

