



# Wellness Coaching

Partnering with a wellness coach may increase the chances of reaching your well-being goals by 95%. April Anderson, the wellness coach assists individuals towards accomplishing their well-being vision. April has experience and resources in supporting individuals in creating a plan, developing actions steps and encouragement to press on towards accomplishing all personal goals.

NKCS wellness coaching focuses on the whole person to support and reach well-being goals. April has experience working with individuals as they reach their physical, nutrition, stress management, mental well-being and lifestyle goals.

## The Program

This individualized program is for all NKCS employees and centered around your well-being vision for yourself. In the first session, a discussion will be held around expectations, length of the program and what is success. The follow up sessions will be centered around making the lifestyle habit changes for lasting success.

## Contact

Email [April.Anderson@nkcschools.org](mailto:April.Anderson@nkcschools.org) with all your questions or to sign up.

“All you need is the plan, the road map, and the courage to press on to your destination.”  
- Earl Nightingale