

# RISE UP AND LIVE WELLNESS SERVICES

My services propel people to be fully present in their relationships, career, health, and spirituality. Through individual and group coaching opportunities, I can help you go from feeling overwhelmed, stressed, and hopeless to *fulfilled, peaceful, and full of life!*

## How I can help:



### **Discovery Call** – Let's get to know each other.

In this 30-minute chat, we'll dive into what's slowing you down or stopping you from moving forward toward your goals. Together, we'll come up with a plan and discover what steps need to be taken to live your best life!



### **21 Day Reset** – Are you ready to start living

again? In this 21-day program, learn how to fuel your body and create life-changing habits while taking the first steps towards your ultimate goals.



### **Address Your Stress Individual**

**Coaching** – Stress is the number one cause of health problems, big and small. Address your stress through individual coaching that will help you live your best life as a happier, healthier you!



### **Intuitive Eating Individual Coaching** – Learn

to manage your energy and mindset through this individualized coaching program that will help you take control of your relationship with food (without the crash diets!).



### **Total Transformation Individual**

**Coaching** – Are you ready for a complete transformation? In this individual coaching program I'll create a customized long-term coaching plan to help you reach your goals – whether they're professional, personal, stress-related, health-related, or a little bit of everything.



### **Rise Up Group Coaching** – In this 6-month

group coaching program, I lead groups of individuals in a weekly exploration of boundaries, energy, healthy habits, mindset development, and much more. Each week we'll cover a new topic and you can immediately begin putting the things you learn into action. Plus, you have access to an accountability app and office hours with Kelli.



### **VIP Breakthrough Session** – This super-charged

intensive 1-day program was built for people who want to make a powerful change quickly. Whether you're struggling with stress, career development, healthy living, self-confidence, or other issues, this is a rapid way to shift your mindset to take control of your life immediately.

Ready to improve your life, business, or both? Contact me at [kelli@riseupandlivewellness.com](mailto:kelli@riseupandlivewellness.com) to get started today!

[riseupandlivewellness.com](http://riseupandlivewellness.com)

