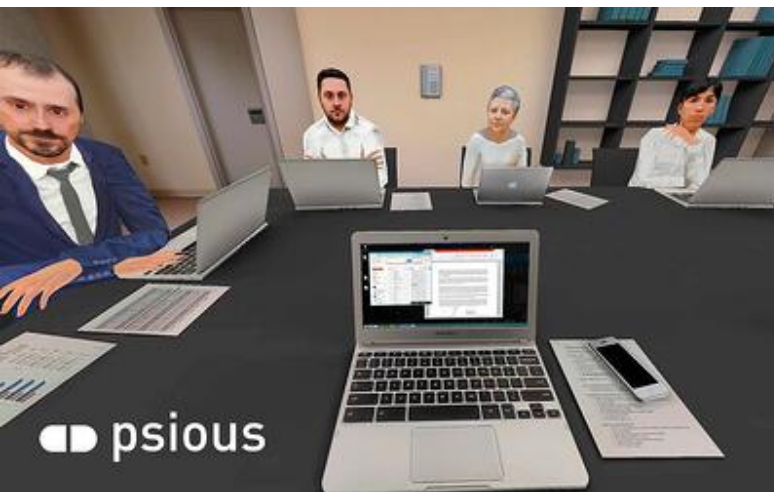




## THE TREE OF LIFE COACHING



### *1:1 VIRTUAL REALITY COACHING*

**We believe that calmer  
employees perform  
better.**





# MULTIPLE ENVIRONMENTS AVAILABLE

- MINDFULNESS
  - FEAR OF PUBLIC SPEAKING
  - ANXIETY MANAGEMENT
  - STRESS MANAGEMENT
  - BODY SCAN
- 



## What's Included:

Tailored Coaching for Each Individual

Virtual Reality Therapy

SMART goals

Worksheets

An ICF Accredited Coach

If in person: A biofeedback report

**Sessions last 1 hour. 6 sessions minimum.**

Available online and in person

For more information and pricing,  
please contact  
[zoe@thetreeoflifecoaching.com](mailto:zoe@thetreeoflifecoaching.com)