



*thewellbeingblogger.com*

# WELL-BEING SUPPORT FAQS:

## **WHAT DO YOU DO?**

I provide well-being therapy and coaching support to highly sensitive people.

## **HOW CAN YOU HELP?**

I give highly sensitive people help and advice on all well-being and performance issues.

## **WHAT MAKES YOU AN EXPERT?**

I'm an accredited professional Well-being Coach and I'm a highly sensitive person myself.

Email me at [info@thewellbeingblogger.com](mailto:info@thewellbeingblogger.com) for further inquiries.



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## **HOW CAN I GET STARTED?**

An initial consultation with me is your first step to accessing the right support for you.

## **WHAT HAPPENS IN THAT INITIAL CONSULTATION?**

You talk to me about your goals or anything that's bothering you, and we make an assessment.

## **HOW DO I BOOK MY CONSULTATION?**

You can contact me by e-mail or through my website [thewellbeingblogger.com](http://thewellbeingblogger.com)

Email me at [info@thewellbeingblogger.com](mailto:info@thewellbeingblogger.com) for further inquiries.