

SAM DYLAN FINCH

# Wellness Coaching

## overview of offerings

### JOURNAL-BASED COACHING

A multi-media experience for wellness and processing through guided journaling and other intuitive exercises. Great for people who process more effectively "on paper" rather than in-person.



### EXECUTIVE FUNCTION SERIES

This is a series for clients who wish to create better routines, build up consistent habits, and have more structure in their day-to-day lives to support their mental health.



### PROCESSING SESSION

This is for clients who are looking for creative solutions to challenges around their emotional wellbeing and mental health, or want peer support from someone with lived experience.



### IDENTITY & DISCOVERY COACHING

This answers the big questions: Who am I? Where do I go from here? This is for clients who are at a junction in their recovery and are looking to deepen their self-exploration.



### PEER SUPPORT SERIES

This multi-session, custom series coaches clients through an individualized "success map," talking through and tackling their own unique challenges with mental health and well-being.



### SELF-CARE COACHING

This is for clients who wish to create better routines around self-care and self-nurturance, while discovering how they recharge, where they derive fulfillment and meaning from, and how this informs their own sense of agency and identity.

