

The Oaks Wellness Consulting Services

Why a Wellness Consultant?

We have countless opportunities to make intentional choices that either improve or harm our health and wellness. Implementing practices that encourage our health can feel impossible, especially without the right knowledge and support. With extensive experience in the mental health field, The Oaks' providers have developed an exciting, unique, and effective approach that equips clients with the knowledge and skills to improve their health. We address multiple wellness factors in a strategic way by exploring each spoke on The Oaks' Wellness Model. Each client determines their focus areas, and our consultants tailor an individual health plan to fit the client's needs and goals.

YOU CAN DO IT! You don't have to do it alone!

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We believe in taking care of yourself so you can take care of others ... starting today!

LET US HELP YOU BUILD THE HEALTHY LIFE YOU DESERVE

Each client receives a 20-minute telephone consultation at **no charge** to learn more about services, ask questions, and share initial needs and goals.



WELLNESS CONSULTING SERVICES

After the Discovery Call, each client participates in 3 individual sessions. Each session is 45 minutes and is typically scheduled approximately 1 week apart. After the 3 sessions, each client has the choice to pick the monthly support consulting plan that best fits his or her needs.

THREE INTRODUCTORY SESSIONS

Each client will complete all 3 sessions.

\$375 (Price includes all three 45-minute sessions)

SESSION 1:

In this session, you will spend time sharing your story and your goals with your consultant. If you have not yet identified goals, we can establish those together. We will give you the space to share your wellness victories as well as frustrations. We will identify stressors within your daily responsibilities and weekly schedule.

This session will provide you with a non-judgemental place to share, as well as establish a relationship with a consultant to serve as a teammate on your wellness journey.

SESSION 2:

This session will include an informational discussion about The Oaks' Wellness Model. We will discuss how the model will help in accomplishing your wellness goals and will create an individualized wellness wheel. Discussion of self-awareness, exercises to encourage growth, and goal-setting are all part of this session.

You will leave the session with a better understanding of holistic wellness, hopefulness about your wellness journey, and an understanding of how to set wellness goals.

SESSION 3:

In this final intro session, we will review your personalized wellness wheel. We will review wellness goals, strategies, and discuss how your consultant can support you as you continue to work toward your goals. YOU are in charge of your health, and YOU are fully capable of achieving your goals. Your consultant will listen, encourage, provide professional direction, and help you regain focus as you face challenges.

The purpose of this final introductory session is to build excitement regarding your wellness journey and solidify strategies to help you take those first important steps.

If the client feels like additional sessions are needed, they can be scheduled at a contracted rate. Please contact The Oaks for additional monthly support packages.

GET IN TOUCH

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