

KAIROS WELLNESS

Love your well-being, love your balance



"The body is like a piano, and happiness is like music.

It is needful to have the instrument in good order."

— Henry Ward Beecher



ABOUT US

Kairos wellness workshops were birthed by a shared passion for holistic well-being, life coaching, and body movement by Susan Sloan, Nia trainer and movement specialist, 2nd Degree Black Belt Nia teacher; and Shereen Moses, life, wellness, and personal development coach.

The main aim of the wellness life coaching workshops is to support your journey of well-being and transformation in a safe and confidential space. All of this while having fun in a non-judgemental environment, and where you can achieve, emotional, mental, and physical goals.

Becoming the best version of yourself will take you and your team on a transformational journey to better yourselves and your well-being while equipping you with skills and development areas on how to:

- Change mindset and behaviour.
- Benefit from decreased absenteeism.
- Increase productivity and confidence.
- Reduces stress and strain both in work and home life.
- Have higher levels of employee morale.
- Improve on personal and employee health.
- Have more employee engagement.
- Improve employee retention.
- Have a more satisfying work life.
- Improve communication and set healthy boundaries.

Your journey of transformation begins here!

Life coaching is your opportunity to take your life from good to GREAT!

"Coaching helps you to take responsibility for your life, let go of what others think, and become your true self. It's about you creating the life that you want and deserve." Emma Louise Elsey

IF NOT NOW, THEN WHEN?