

Lifestyle Coaching

Users can connect with lifestyle coaches in areas like nutrition, sleep, finance, and fitness via live video-conferencing. These sessions provide tailored support and expert guidance for specific areas of improvement.

Engaging with specialists helps users identify and work on specific areas of their lives, providing professional advice and support that can lead to meaningful improvements.



The image displays a collection of lifestyle coaches' profiles, each with a circular profile picture, name, and specialty. The profiles are arranged in a grid-like fashion. In the center, a large smartphone screen shows a video call in progress. The main video feed shows a woman, Irma Ramos, smiling and waving. A smaller inset video shows a man, Coach Sylvie Hernandez, also smiling. The background of the entire graphic is a vibrant purple and blue gradient.

Daniel Rapo
Addiction Re

Lila Linfield
Relationships & Recovery

Jonah Ari
Exercise & Nutriti

Andria McCarther
Mental Health & Stress

Kai Cyr
Mindfuln

Irma Ramos
Nutritional Wellness

Coach Sylvie Hernandez

Stine Alderville
Healthy Use of Media

Serge Rafael
Financial Management

Download the Impact Suite app
to set an appointment.



Tips for Using Lifestyle Coaches

- Schedule sessions with a coach based on your needs.
- Discuss your concerns and receive expert advice.
- Follow up on their recommendations.