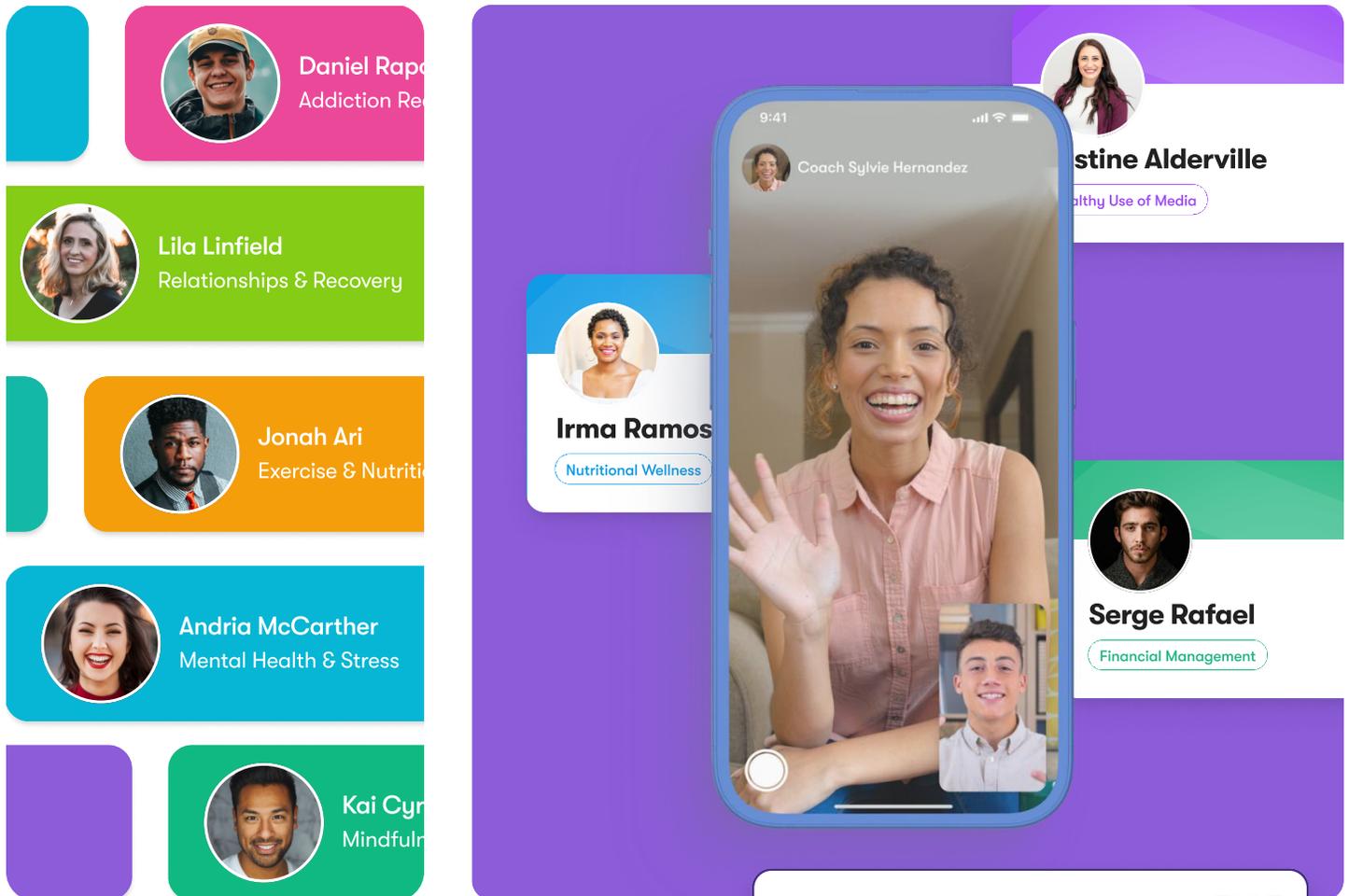


# Lifestyle Coaching

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' profile cards, each featuring a circular profile picture, a name, and a specialty area. The cards are arranged in a grid-like fashion. In the center, a smartphone screen shows a live video call with Coach Sylvie Hernandez. The phone's status bar at the top shows the time as 9:41 and signal strength. The call interface includes a 'Healthy Use of Media' button and a smaller inset video of a user. Below the phone screen, there is a QR code and text encouraging users to download the Impact Suite app.

**Daniel Rapo**  
Addiction Re

**Lila Linfield**  
Relationships & Recovery

**Jonah Ari**  
Exercise & Nutriti

**Andria McCarther**  
Mental Health & Stress

**Kai Cyr**  
Mindfuln

**Irma Ramos**  
Nutritional Wellness

**Sylvie Hernandez**  
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.