

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 collage features several lifestyle coaches in colored boxes:

- Daniel Rapo**
Addiction Recovery
- Lila Linfield**
Relationships & Recovery
- Jonah Ari**
Exercise & Nutrition
- Andria McCarther**
Mental Health & Stress
- Kai Cyr**
Mindfulness
- Irma Ramos**
Nutritional Wellness
- Christine Alderville**
Healthy Use of Media
- Serge Rafael**
Financial Management

In the center, a smartphone screen displays a video call with **Coach Sylvie Hernandez**. The screen also shows a smaller inset of a young man. At the bottom of the collage, a button reads: "Download the Impact Suite app to set an appointment." with a QR code.

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.