

Neg Campbell



Wellness Coaching

"My role as a wellness coach is to facilitate change that helps you achieve a whole new level of health.

Behaviour change begins in the mind.

I empower you to change your mindset and develop realistic, sustainable behaviours proven to improve your experience of health, well-being and living".

Wellness Coaching helps you find confidence in your own ability to master change. I don't tell you what to do, I simply give you information and guide you to ***discover, dream and design*** your vision for the future.



"People are generally better persuaded by the reasons which they have themselves discovered, than by those which have come into the mind of others".

Paschal's Pensees (17th century)

Well- being assessment

Your wellness coaching journey begins with a comprehensive assessment which identifies where you are at now and where you want to be. We look at the key elements of; Energy, Life balance, Weight, Nutrition, Health issues, Exercise and Stress levels. We then identify the level of importance, readiness and confidence you have to address the elements that require change.



Your Vision

Discovering your 'what' and your 'why'.

Creating a vision is essential to gain the motivation to move forward.

What do you want your life to look like?

Who do you want to be?

What do you want to be doing?

Why is that important to you?

These are just a few of the questions we work through together. We consider areas for change, your motivation to change, obstacles that may get in your way and strategies for overcoming any obstacles.

Your Action Plan

Setting goals that work toward your vision is our next step.

Specific, measurable, attractive, realistic and time framed goals help you to be committed, prepared and accountable.

We start with 3 month goals; new behaviours you will be doing consistently in three months. Weekly goals are also set as stepping stones to your three month goals.



Our Wellness Coaching relationship is a unique one; Some coaching clients work with me every week, while others may touch base 4 times a year. There is no 'one size fits all' approach, together we decide what is best for you.

Future sessions are tailored specifically to your needs and based on your Wellness Vision.

Sessions can incorporate:

Personalised Wellness Programs to bring you balance, love, happiness and optimal health.

Personalised Exercise and Movement Programs and/or Personal Training to inspire joy in physical activity and increase vitality and energy.

Personalised Nutritional Advice to ensure you develop a healthy relationship with food and learn to eat for nourishment and abundant, sustained energy.



Contact me for further information or to book your initial consultation.
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