Curious about the HWB coaching journey? Here's a bite-sized road-map to guide you:

Explore the HWB coaching page

Register your interest on HWB's coaching page

Identify a coaching topic you wish to explore more about.

Your assigned coach will reach out to you for a 30-minute chemistry call.

Confirm your coach and kick off the first session.

After the third session, complete an evaluation form & consolidate your learnings with your coach.

Follow through the six sessions & turn your goals into results!

Complete the End-of-Program Evaluation Form