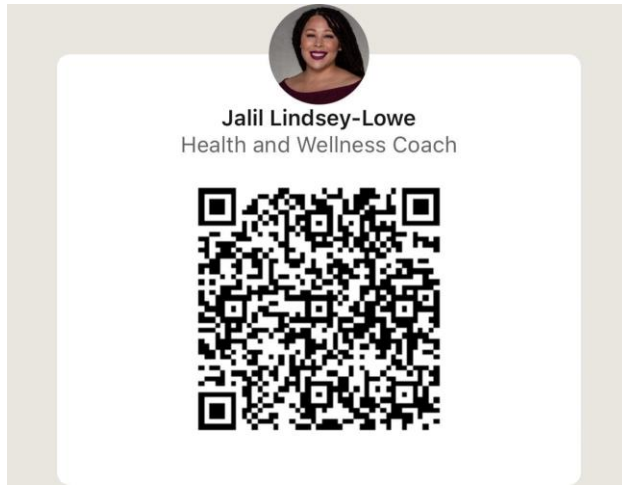


🌟 Seeking Volunteers for Pro Bono Health & Wellness Coaching! 🌟



Hi! My name is Jalil Lindsey-Lowe and I am a current health and wellness coaching student at Georgetown University. I have a Bachelor's in Sport and Health Science with a concentration in fitness and Wellness. I am transiting into the professional coaching space and going after board certification.

As part of Georgetown University's ITL's Health & Wellness Coaching Program, I'm excited to embark on a journey of growth and learning by offering pro bono coaching sessions to individuals ready to prioritize their well-being. Through this program, I'll be

honing my coaching skills while assisting clients in achieving their health and wellness goals.

Here's what you need to know:

I'm required to complete 30 coaching hours across 3 or more clients.

Sessions can be conducted in person, over the phone, or via video conferencing, depending on mutual agreement.

Clients should be ready to tackle substantive health and wellness goals, focusing on areas like nutrition, fitness, career burnout/management, stress management, and more.

Eligible clients should be committed to working with me regularly over the course of my practicum (5.5 - 6 months).

If you or someone you know is ready to make positive changes and could benefit from some dedicated coaching support, please email me at jl3002@georgetown.edu

Let's embark on this transformative journey together. Drop me a message to get started or to learn more about eligibility. If I am too booked to meet your needs, my fellow cohorts may be able to accommodate. Your well-being matters, and I'm here to support you every step of the way!

 [#HealthAndWellness](#) [#CoachingJourney](#) [#TransformativeGrowthU.S.](#)

