

GYST WELL-BEING

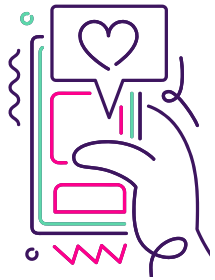
MONTHLY

MEMBERSHIP



CREATING A SPACE FOR THOSE IN THE WORKPLACE TO ACCESS GROUP COACHING AND LEARN NEW TOOLS.

What's included?



Webinars

Monthly LIVE webinars where we encourage you to interact and ask questions. It's your session, so we want you to get the most from each and every one.

We also provide workbooks for each webinar to help keep the momentum going and to help you implement what you've learned.



Group coaching sessions

Weekly coaching calls where we chat about anything at all that might be going on for you. We actively encourage you to share what's on your mind in a safe space.



A supportive community

Access to an engaged community filled with people just like you

Why?

Hey! I'm Katie, the Founder of GYST Wellbeing.

The reason I started GYST Wellbeing is because I too have experienced burn out...

...twice,

... because once wasn't enough! And so, I know only too well the effect that it can have on physical, mental, and emotional health.

But through that experience, I was also able to start to understand my relationship with stress, and how I could start to unlearn all the unsustainable coping mechanisms that had got me so far.

Which is when I started to create a life where I could start thriving instead.

This community is where I share all of those experiences, the learning that came from it, and how it could help you too.

A SPACE TO LEARN, SHARE, CHAT, AND REBUILD