

# Stress Coaching

COPING  
MADE  
SIMPLE.



Are you feeling  
stressed out?  
worried?  
overwhelmed?  
or out of control?

I understand and  
I can help.

## About Your Coach

### **RAE-ANNE JAMMER**

CWP, WWHP, CFT

For 20 years now, Rae-Anne Jammer has dedicated her life to helping adults, families and youth improve their health, their well-being and their quality of life.



A Certified Wellness Coach, Workplace Wellness Specialist, Certified Fitness Trainer and member of the National Wellness Institute, Rae-Anne is a passionate, sincere and empathetic wellness professional. As someone who lives with two chronic autoimmune diseases (Systemic Lupus and a blood disorder called ITP), she sets a wonderful example of the value and benefit that living a wellness lifestyle can bring.

A renowned expert and sought after speaker in stress management and wellness, Rae-Anne has been featured at conferences and trade shows, in newspapers and magazines, and on radio and television. She and her husband Clinton, an award-winning Wildlife Artist, live in Blackstock, Ontario.

# A Personalized Program to Take Control of Stress and Improve Work-Life Balance

**STRESS COACHING HELPS YOU TACKLE THE ROOT CAUSE OF YOUR STRESS AND TEACHES YOU PRACTICAL WAYS TO COPE WITH IT BETTER.**



### **PROGRAM DETAILS**

#### **StressMap® Questionnaire**

Assesses 21 sources of stress and your responses to them; measures your strengths and vulnerabilities; and identifies your coping assets and liabilities.

#### **Work-Life Balance Assessment**

Assesses your capacity to manage the competing demands of your work and personal lives.

#### **Personalized Stress Plan**

#### **Private Stress Coaching**

3 hours included\*

*\*Additional coaching available.*

### **PROGRAM PRICING**

#### **Stress Program \$249**

StressMap® Questionnaire  
Work-Life Balance Assessment  
3 hours of private coaching\*  
Personalized Stress Plan

### **START TODAY!**

**Call Rae-Anne now at 1-866-921-9355 to book your free, no obligation consultation.**

Take control of stress  
and improve your work-life balance  
today!

Call Rae-Anne toll-free at  
(866) 921-WELL.

(866) 921-9355

*\*Additional private coaching with program purchase: \$40.00 per hour. À la carte private coaching without program purchase: \$50.00 per hour. Coaching provided in person or via tele-coaching. All prices plus HST.*

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Rae-Anne Jammer, CWP, WWHP, CFT  
CERTIFIED WELLNESS COACH

*Serving Durham Region*

**Toll-Free (866) 921-9355**

[www.PathwaysHealthPromotion.com](http://www.PathwaysHealthPromotion.com)