

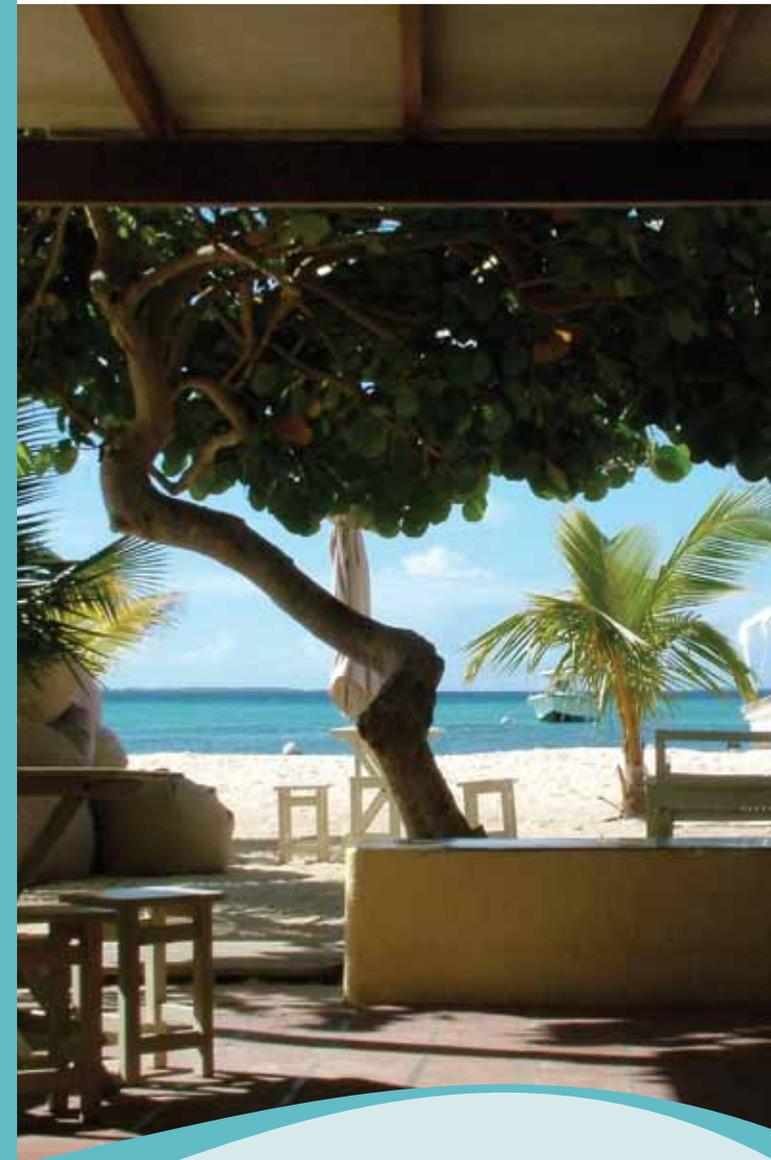
- > Need help in regaining your ideal weight?
- > Manage your stress levels
- > Empower you towards your ideal body image
- > Help women/men who find it hard to commit or continue their goals
- > Get more out of your day
- > Feel fulfilled in your life
- > Recovering from an illness

My Health and wellness coaching aim is to help you unprogramme unwanted and negative thought patterns to greater thinking and feeling.



VITAL LIFE COACHING

DESIRE, DECIDE, DO...



**“Whatever the mind can conceive and believe, the mind can achieve.”
Napolean Hill.**

VITAL LIFE COACHING

DESIRE, DECIDE, DO...

To book a session or receive any information,
contact Maria: **0432 357 616**

mariads72@gmail.com | www.vitallifecoaching.com.au

“the secret of making something work in your life is to find that inner desire, keep that vision true, create the path and enjoy the ride... **Maria D.S ©**”

What can health & wellness coaching do for you?

As your health and wellness coach, my aim is to...

- > Create clarity in what you strive for in your life
- > Help you draw upon your innate abilities and empower you to make lasting positive change in life
- > Motivate and inspire you to take control and ACTION
- > Help you create values, visions and goals
- > Energise you, be your ally in achieving your dreams/goals
- > Work together to create solutions and wellness plans/maps
- > And most important, help you gain your ideal lifestyle

Wellness

Wellness is your responsibility.

Wellness is about the whole person, not only the physical and nutritional aspects, but how we manage stress and self-responsibility.

Wellness is a conscious, self-directed and evolving process of achieving full potential. Allow me to help you get unstuck and move towards a greater quality of life, by giving you the right tools to manage any stresses in life.

Vital Life Coaching

- > Using various techniques to help empower people towards positive change
- > Methods that work on SOLUTIONS and techniques
- > Many diverse life coaching tools, Neuro-Linguistic Programming (NLP) techniques, mediation, movement, relaxation methods
- > Various health and wellness assessments, programmes and personalised plans to help you achieve your wellness goals
- > Stress management techniques
- > Energy work Reconnective Healing®

Maria Dilorenzo-Stefano BA. Ed. Dip.
Life Coach: Specialising in Health-Wellness

Working the last 9 years in Northern Italy, educating adults in Health/Wellness, Maria has over 20 years experience within the Fitness, Health/Wellness Industry and was once an Australian ELITE female sport Aerobic champion and a Sport Aerobics Coach. Maria is currently a co-host on Radio Italia talking wellness 531am.

With no prior dance or gymnastic background, Maria walked on stage with a "thought." That thought propelled her to six state titles, 12 national medals and 8th ranking internationally.

That thought I had was "I can." and I listened to it...

Your thoughts, your body - your actions.

