

S A R A

Babar



**CORPORATE WELLNESS
COACH & CONSULTANT**

ABOUT ME



Hello my name is Sara and I am an Integrative Health and Wellness coach.

Born in Pakistan and raised across different parts of Canada, I currently live in Bahrain – an island I call home.

Earlier this year I decided to combine my passion and knowledge for wellbeing to start up a coaching and consultancy practice.

I have been lucky enough to have had one of the most fulfilling corporate careers for the past 12 years. The first time I ever experienced any kind of coaching was actually through a corporate coaching retreat that then turned into a one-on-one coaching program when I was transitioning to take on a senior management role. At that time I remember being in awe of how much our personal and professional lives are interconnected. I believe that physical and mental wellness are key components of a high performing individual which then impacts the team as a whole. One of the most beautiful things about the time we live in is that the corporate world is constantly evolving and everyday there is more importance placed on the wellbeing of employees as a whole.

**PROGRAMMES TAILORED
TO SUIT YOUR NEEDS**



SERVICES

The 12-Week Programme

This program is geared towards high performing individuals who are already in management roles or are in transition to take on more challenging roles within the organization.

Like all good things, change and habit building take time. This one-on-one coaching programme lasts 12 weeks and aims to customise a plan that fits your needs, helping you achieve your goals and a more well-rounded you.

Single One-off Coaching Session

Feel like you're not ready to commit to something long-term? Book our one-off single session to see what you can gain out of it. Please note a minimum of two hours is required for one-off sessions.

Corporate Events & Workshops

These are custom-made to suit the client's needs. The costs of the corporate programmes are dependent on the time duration, number of people included and activities. Our corporate programmes include:

- Comprehensive tailor made programs and wellness retreats
- Corporate Wellness Workshops and retreats
- Working with the organization to build a culture in the workplace that is both effective and sustainable. When taking on this approach I will work with the HR department as a consultant to create and execute a program that can later be carried on by the business itself

Get a quote today by emailing hello@sarababar.com or visiting www.sarababar.com



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