



# ELEVATE YOUR WELLBEING WITH SHEILA

A series of body-heart-mind conversations to explore your optimal health & wellness vision and goals, so you can start taking manageable actions for sustainable change.

LOCATION: FROM THE COMFORT OF YOUR  
OWN HOME!

"Connection is the *energy* that is created between people when they feel seen, heard, and valued"- Brenè Brown

Interested? Let's chat! [sheila@thrivehour.com](mailto:sheila@thrivehour.com)



# FAQ

## **What are these conversations?**

They incorporate a mix of coaching, yoga, and other somatic methodologies that uncover the way you see, move, and act in the world as you aim for new results.

## **Do I need to have a problem to engage in these conversations?**

No. You are a whole, resourceful, wise, and capable of solving on your own. My role is to help you expand your possibilities through committed listening and inquiry, intentional reflections, and customized practices.

## **What is your rate?**

100 USD/session. If this is not feasible, visit <https://thrivehour.com/may20/> for free live and recorded wellbeing sessions.

## **How many sessions do I need, and what are they like?**

The majority of my clients engage in 6, 1-hour sessions and on their preferred platform (Zoom, Skype, voice call, etc.)

## **What do I need?**

A stable connection on your preferred device and a quiet and comfortable place where you feel safe and will not be disturbed.







# WHAT CLIENTS ARE SAYING

"Sheila was the first coach I've had, and she was thoroughly intuitive, insightful, and respectful. She quickly grasped that I am a visual learner, and soon enough, we were using different imagery to explore topics and "crystalize" subsequent insights. Sheila is an embodied person – she was able to, through remote meetings, help me be more grounded and mindful through facilitating quick meditations during our sessions. I always walk away from our sessions feeling energized and having a clearer mind. I have gained a lot from our sessions, and think (and feel) that I have grown as a person even with just a few sessions. I highly recommend Sheila without hesitation!"

*Client based in New York City, NY, USA*



"Sheila is an amazing executive coach and approaches her coaching engagements with tremendous empathy, openness, and care. She brings in a unique blend of expertise, tools, and techniques, pulling from her own corporate background together with ontological and wellness coaching practices. I was fortunate for Sheila to coach me, she successfully guided me through complex work challenges, picking up on subtle signals and prompting me to further dive into issues, thus allowing for a shift in perspective and heightened awareness of self. I would highly recommend Sheila to professionals seeking to thrive through a holistic approach which combines mind and body."

*Client Based in Singapore*



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# ABOUT ME

"WHAT IS IT YOU PLAN TO DO WITH YOUR ONE WILD AND PRECIOUS LIFE?"- MARY OLIVER

The quote that changed EVERYTHING for me back in 2014. Without giving it a second thought, I declared my life's purpose of, "connecting and helping people around the world." However, this wasn't a new concept. It has always been a part of my DNA.



After I finished college, I started my first job as a Medical Laboratory Scientist. Even from behind the microscope, I could empathize with our patient's suffering. While I contributed to their overall care, I wanted to play a more active role in developing innovative treatments.

This itch led me to Johnson & Johnson 9 years ago. In May 2016, I accepted an exciting role in an innovative workstream based in Singapore. While challenging at first, practicing and teaching yoga grounded me. I learned that listening, being self-aware, and empowering others on the mat are the same skills people value off the mat.



In my current space, my clients find power in changing their stories to create new actions and practices that restore connection and balance. Every step of my journey has brought me here now with you. And I am grateful.

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