

about your coach



Laurie Nelson-Moe is a board-certified life and wellness coach and the founder and owner of Whole Life Balance Coaching in Sioux Falls, South Dakota. A passionate advocate of whole-person wellbeing, Laurie helps others become self-empowered and resilient, achieve optimal work-life balance, and create and sustain healthy lifestyles. She offers strategies and resources for mindfully managing stress and its negative effects on relationships, health, motivation, focus, and productivity. Laurie's mission is to assist others in finding their own unique ways of living well as they move forward through life's inevitable challenges and change.

Laurie obtained B.A. degrees in Psychology and in Management from the University of Sioux Falls. She received advanced training in stress management through the Center for Mind-Body Medicine in Washington, D.C., and holds certifications as a Wellness Inventory Coach and a Neuro-Linguistic Programming Coach. Laurie is a member of the National Wellness Institute and Sioux Falls Business & Professional Women.

Call Laurie today!

605.274.0774

Whole Life Balance Coaching
Meaningful change for living well

Laurie Nelson-Moe
Life and Wellness Coach

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prepared by

Whole Life Balance Coaching
Meaningful change for living well



starters

COACHING SAMPLER

A free 20-minute coaching conversation to help you determine if coaching is for you.

BOOK CLUB

Give yourself the gift of reading timely and timeless written works to expand your capacity for growth.



à la carte

WELLNESS INVENTORY

Can be purchased as a standalone-life-balancing assessment or paired with personal or team coaching.

This online program has dynamic interactive tools to help define priorities and achieve outcomes by integrating all aspects of life, represented by 12 dimensions of wellness. The Wellness Inventory cultivates a higher level of self-responsibility and deeper motivation to use continuous small steps to improve personal and professional wellbeing.

WORKSHOPS

Choose from these popular lunch 'n' learn or group engagement activities. If you don't see what you're looking for, I'll work with you to design a presentation to meet your group's unique needs.

- PAWS to: Mindfully Manage Stress
- The Changing Landscape of Worksite Wellness
- Self-Leadership: Take Charge of Your Life!
- First Impressions Count! Creating Customer Connections
- Self-Care for Helping Professionals: Managing Compassion Fatigue
- Raw Coping Power: Don't Just Survive Stress, Thrive!

PUBLIC PRESENTATIONS

- GPS: Guide Your Personal Success
- Nurturing and Empowering Self-Care Strategies
- Happier From the Inside Out!
- Change Your Brain: Change Your Life!
- Living Our Legacy: Sharing Life Lessons With Others



main courses

PERSONAL COACHING

One-on-one coaching tailored to your needs. Get started on your way to your best life through Life and Wellness coaching designed just for you. We'll talk about your fears, your aspirations, your obstacles, your hopes and your very own definition of success. I'll partner with you to help you achieve your dreams!

GROUP COACHING

Serving up coaching conversation, peer learning, and group support. Group coaching is an interactive small-group process designed to promote personal and professional development, goal achievement, and greater self-awareness. Groups are limited in size to 6-8 people. Programs can be designed for in-person or virtual delivery.

Upcoming group coaching programs:

Get Your Happy On: Happier From the Inside Out!
Self-Leadership: Empowered, Engaged, and Energized!

BUSINESS COACHING

A 6-12 month program that provides a blend of training, facilitating, and group coaching to employee groups or teams along the theme of stress management.

This program facilitates healthy coping skills, effective communication, and increased wellbeing while promoting the potential for greater employee engagement and a healthier workplace culture.



dessert

RETREAT

Indulge in a full-day retreat focused on either self-care practices and stress relief or self-leadership development.

- Self-Care: Relaxed, Recharged, and Refocused!
- Self-Leadership: Empowered, Engaged, and Energized!

