



Health and Wellness Coaching

Are you frustrated by your current health status and wish there was something you could do about it?

Do you have lifestyle issues that hold you back from living life to the fullest?

Then you could benefit from Smart Owl Consulting's one-on-one health and wellness coaching, which will help you conquer your challenges and reach your potential.

The 5 x 1-hour health professional delivered coaching packages offer personal assistance with:



- Goal setting
- Mental wellbeing
- Nutrition
- Physical activity
- Sleep
- Stress management
- Time management


Coach Profile:


Dr Darren Webb is a passionate advocate for preventable health and wellbeing. Additional to being an accredited Wellness Coach by Wellness Coaching Australia, Darren holds a PhD in Public Health, a Masters of Computer Science, a Bachelor of Science (Human Biology) and has coordinated several national health and wellbeing programs. His health-tech business Webble Guys has won innovation awards for the development of WebbleMove! a unique software platform combining physical activity and socialisation in a fun and sustainable way.

To schedule an appointment, please contact Dr Webb via:

 darren@smartowlconsulting.com.au

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