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“Foggy Mind...Flabby Body”

Unlock your mental and physical health blocks with targeted movement

Life changes, transitions, and unexpected challenges can take a toll — not just on how we feel, but on how we move, think, and show up every day. When our mental and physical health fall out of sync, both suffer. This 12-week program is designed to help women — and anyone navigating change — reconnect with their bodies, restore balance, and build resilience from the inside out.

As your coach and guide through this 12-week journey, I combine decades of experience in strength, conditioning, and mental wellness education to help you reconnect with the powerful link between body and mind. Together, we will:

- **Assess and Rebuild:** I'll help you understand where you are today — physically, mentally, and emotionally — and create a personalized plan to restore strength, mobility, and balance.
- **Guide Through Movement:** Using science-backed strength and movement practices, I'll coach you step-by-step to move with confidence, improve function, and feel stronger every day.
- **Explore Mindset and Meaning:** I'll guide powerful conversations and reflective exercises to uncover *why* you do what you do — and how your thoughts, beliefs, and emotions influence your physical well-being.
- **Support and Empower:** Through ongoing support in both in-person and virtual sessions, I'll be there to motivate, educate, and challenge you — helping you stay accountable and committed to your transformation.
- **Connect the Dots:** Most importantly, I'll help you integrate body and mind so that movement becomes medicine, strength becomes resilience, and you rediscover your capacity to thrive.

Let's work together to design a program that supports your transformation and helps you feel strong, grounded, and whole again. The opportunities on how we do this work are endless.

Other offerings:

Personal Training – in person and virtual movement sessions

- One on one coaching
- Small group work

Health and wellness coaching – mind/body reconnection

Mind/body mentorships – learn how to be more accountable to yourself

Reach out to Georgette today and take the first step toward transforming how you move, think, and feel.

