

Hello Wellness Coaching

WHAT CAN YOU EXPECT FROM HELLO WELLNESS COACHING?

At Hello Wellness we are doing wellness different. We understand that talk therapy alone is limited in its benefits. Our comprehensive 1:1 holistic wellness coaching packages include mental health coaching combined with yoga and mindfulness practices. We intend to help you access peace from the deepest “well” of your being: alignment of mind, body, and spirit. Our work together can help you develop the trust that even in the face of adversity, wellbeing at your core is possible. And from this place of grounded awareness, all forms of transformation are possible: relational, occupational, spiritual. Instead of asking where will you go, we help you answer the question: Where Will You Grow?

Hello Wellness Coaching seeks to support you in finding this alignment of what we call your head, home, and heart (aka mind, body, and spirit). We differ from typical wellness coaching services in that we do not provide medical, exercise, or nutritional advice. Instead, our offerings are in service of your holistic wellbeing connected to enhancing your innate wisdom. And since we know we may discover challenges that require referrals to outside services, we also have the social worker skills to help you access the right resources as needed.

OUR UNIQUE OFFERING INCLUDES THE FOLLOWING:

Mental Health Coaching to work with cognitive challenges and unhelpful narratives
Let's say goodbye to those self-limiting beliefs and make space for self-affirming beliefs

Yoga Practices to uncover energetic blockages and stuck places in the body and tend to them
Say hello to really caring for this home we live in and feeling embodied

Mindful Awareness and Compassion Practices to reconnect with the heart
Learning how to be with our lived experience as it is and love ourselves through it

We plan to support you in transforming your life through a toolkit of practices curated just for you. Our intention is to help you regain and maintain access to your most grounded, centered, and stable self in the face of the adversities that life naturally throws at us. We will walk together to reconnect you to your higher, truer self that trusts the process, even in the midst of suffering.

Full disclosure, this process involves some deconstruction and repair, in the same way the caterpillar enters the chrysalis in order to become a butterfly... or how our house gets a whole lot messier when we are in the process of decluttering and simplifying. It's not always easy to disrupt homeostasis, i.e.; enact change in the face of deeply held beliefs, habits, and conditioning. Life doesn't make it easier, either. Family life, work life, health challenges, global events (and on and on) all seem counter to cultivating the deep self-care that this container invites you to create for yourself with our guidance. Hello Wellness is here to help you through this process and by container's end, enable you to feel you have wellbeing skillsets and practices integrated into your daily life in a sustainable way. From this grounded, centered, and stable place, a sense of purpose, fulfillment, and ease can flow freely.



Hello Wellness Coaching

WHAT DOES THE 8-WEEK HELLO WELLNESS COACHING CONTAINER INCLUDE?



“HELLO, LET’S GET STARTED” TIER 1 CONTAINER

4 1:1 SESSIONS (50 MINUTES EVERY OTHER WEEK)

CUSTOMIZED JOURNAL PROMPTS

WEEKLY PRE-RECORDED YOGA & MEDITATIONS (LENGTH & QUANTITY VARIES WEEK TO WEEK)

UCLA MINDFUL AWARENESS PRACTICE FOR DAILY LIVING: INTRO TO MINDFULNESS 6-WEEK COURSE
(LIVE OR RECORDED DEPENDING ON YOUR AVAILABILITY) MARCH 6, 13, 27, APRIL 3, 24, MAY 1, 2024
10:30-12:30AM MOUNTAIN STANDARD TIME ON ZOOM

1 DAY OF VOXER COMMUNICATIONS PER WEEK



“YOU HAD ME AT HELLO” TIER 2 CONTAINER

8 1:1 SESSIONS (50 MINUTES WEEKLY)

2 1:1 LIVE 30 MINUTE YOGA & MEDITATION PRACTICE SESSIONS

CUSTOMIZED JOURNAL PROMPTS

WEEKLY PRE-RECORDED YOGA & MEDITATIONS (LENGTH & QUANTITY VARIES WEEK TO WEEK)

UCLA MINDFUL AWARENESS PRACTICE FOR DAILY LIVING: INTRO TO MINDFULNESS 6-WEEK COURSE
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WHAT DOES THE 8-WEEK HELLO WELLNESS COACHING CONTAINER COST?



“HELLO, LET’S GET STARTED” TIER 1 CONTAINER

PAY IN FULL: \$3200 TOTAL (\$400/WEEK)

PAY AS YOU GO: \$3360 TOTAL (\$420/WEEK)

PAY OVER TIME: \$3520 TOTAL (\$352/MONTH FOR 10 MONTHS)



“YOU HAD ME AT HELLO” TIER 2 CONTAINER

PAY IN FULL: \$4800 TOTAL (\$600/WEEK)

PAY AS YOU GO: \$5000 TOTAL (\$625 WEEKLY)

PAY OVER TIME: \$5280 TOTAL (\$528/MONTH FOR 10 MONTHS)

HELLO, I’M READY, WHAT HAPPENS NEXT?

Email us at hello@hellowellness.center and let us know which package you’d like to sign up for and how you would like to pay.

We will send you a Hello Wellness Coaching contract to review and sign.

Upon receipt of the contract and payment (deposit or payment in full), we will be in touch with your **Hello, Here’s How I’m Feeling Assessment Quiz** so we can customize your Hello Wellness Coaching plan based on your individual needs. This will include links to scheduling for the 8-week container (spread out over 11 weeks reflecting time out of the office.) Pay in full and receive a special self-care package by March 1!

Hello, Let’s Get You on Your Way to Wellness



About Erin Doerwald



Erin Doerwald, LCSW, CMT-P, RYT-200 is a psychotherapist and certified mindfulness and yoga teacher based in Santa Fe, New Mexico. She offers individuals, couples, families - as well as organizations - the opportunity to say hello to feeling connected, communicating with more skill, and greater overall well-being.

Since 1999, Erin has been a student and committed practitioner of mind-body practices that fundamentally shifted her perspective on living a life in balance. Having experienced profound transformation through practices that held her through grief and loss, illness, and injury, a personal mission grew to share the benefits of these practices in service to others. Erin has been practicing Vipassana style meditation since 2009 and teaching mindful awareness practices in clinical and educational settings since 2012. A practicing clinician since 2012, her innovative psychotherapy style integrates narrative and family systems therapy, somatic strategies from interpersonal neurobiology and polyvagal theory, and yoga and mindfulness-based interventions. She is a dedicated, lifelong learner interested in the intersections of modern science and ancient traditions. Her teachers' diverse lineages are secular, clinical, yogic, and Buddhist in origin.

Erin has been a clinical social worker since 2012, helping individuals and organizations find their way to wellness in the behavioral health world. Her background includes supporting youth in coping with substance abuse-related vulnerabilities and suicide prevention through family systems therapy and group counseling. For close to a decade she served in leadership at The Sky Center of the New Mexico Suicide Intervention Project and developed the core programming of Sky's Toolkit for Wellbeing model. She is a proud alumni of the Facundo Valdez School of Social Work of New Mexico Highlands University and has served as an adjunct professor for the MSW program. She joined the Board of Directors of Vallecitos Mountain Retreat Center in Fall 2019 and supports VMRC's values of cultivating inclusivity, refuge, and peace.

She leads national and international classes, workshops, presentations and retreats that cultivate wellbeing and resiliency in support of individual and collective healing in the personal, corporate, non-profit, healthcare, and educational worlds. During the height of the pandemic alone, she offered mindfulness and trauma-sensitive resiliency workshops to hundreds of educators, healthcare, and non-profit staff to embody a personal mission to be of compassionate service in the face of human hardship.

Erin is a certified mindfulness teacher with the International Mindfulness Teachers Association. She received her training in mindfulness facilitation from Diana Winston and Marvin Belzer in 2017 at UCLA Mindful Awareness Research Center (MARC) Semel Institute for Neuroscience and Human Behavior. She served as a mentor for students receiving training in the Long Distance Intensive Practice Program at UCLA MARC from 2018 - 2023 and as an affiliated UCLA Mindful Awareness Practices Class teacher from 2018 to the present. She completed her 200-hour Yoga Teacher Training with Wendelin Scott and Amy Spurlock in May 2023.

She teaches weekly classes for Working Wellness and YogaSource Santa Fe. Erin offers groups, classes, and a select number of 1:1 sessions and supervises a small team of clinical psychotherapy associates who are available for weekly sessions through Hello Wellness.

Erin's offerings cultivate the tools and insights gleaned from her years of bearing witness and facilitating change in the face of extreme adversity. She knows there is always light beyond the depths. She tends to the lanterns and lighthouses that cultivate active hope in the darkness.

