



Regain Your Power *with* Restful Sleep

SleepWell Coaching

Our Mission

At SleepWell Coaching, our mission is to help individuals and organisations sleep well and live well.

We believe that quality sleep is the foundation for a healthier, more productive life.

Through our tailored coaching services, we empower people to optimise their sleep patterns, enhance their well-being, and achieve their full potential.



SleepWell Coaching

P: 0415173840

E: contact@sleepwellau-nz.com

W: sleepwellcoach.org

Our Services



1:1 Consultations

- **Who it's for:** Individuals seeking personalised guidance for specific sleep issues.
- **What you will learn:** Tailored strategies to improve sleep quality, manage sleep disorders, and create a sleep-friendly routine customised to your needs.



6 Weeks *to* Better Sleep Programme

- **Who it's for:** Anyone looking for a structured, in-depth approach to transform their sleep habits.
- **What you will learn:** Step-by-step guidance to reset sleep patterns, understand your body's sleep needs, and establish long-term, healthy sleep practices.



Workshops

- **Who it's for:** Groups, businesses, and organisations looking to boost productivity through better sleep.
- **What you will learn:** How improved sleep quality can enhance focus, decision-making, and overall performance, helping you become the best version of yourself with practical tips to build healthy sleep habits.



WORKSHOP

Enhancing Restful Sleep

Don't miss this opportunity to improve your sleep and well-being. Join our Sleepwell Workshop and take the first step toward a more restful night's sleep!



Older Adults



Caregivers



Aged Care Professionals



Understand how Sleep needs change as we get older



What can you do to help you achieve a more restful sleep?

Who should attend?

This workshop is ideal for older adults, caregivers, and aged care professionals who wish to enhance their understanding of sleep and improve the quality of rest for themselves or those they care for.

What you will learn

- Understanding Sleep Changes in Aging
- Creating a Sleep-Friendly Environment
- Healthy Sleep Habits
- Managing Sleep Disorders
- Relaxation Techniques

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WORKSHOP

Restful Sleep for Tired Parents

Give yourself the gift of better sleep. Join us at the Sleepwell Workshop and learn how to rest well, even in the busiest season of parenthood!



New
Parents



Experienced
Parents



Explore the impact
of sleep loss



Learn how to establish
consistent bedtime routines
that work for both you and your
children

Who should attend?

This workshop is perfect for new and experienced parents alike who are looking to improve their sleep quality and overall health. Whether you're dealing with a newborn or a toddler, Sleepwell has something for every parent.

What you will learn

- Understanding Sleep Deprivation
- Creating a Sleep-Supportive Environment
- Building Healthy Sleep Habits
- Coping with Nighttime Wake-Ups
- Stress-Relief Techniques

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WORKSHOP

Regain Your Power with Restful Sleep

Empower yourself to reclaim restful sleep. Join us at the Sleepwell Workshop and take a step toward healing and well-being.



Women Experienced Trauma



Women Struggling to Sleep



Discover how to make your sleeping space a sanctuary



Explore bedtime routines that help ease the mind and body into sleep

Who should attend?

This workshop is ideal for women who have experienced trauma and are struggling with sleep disturbances. Whether you are dealing with PTSD or other stress-related conditions, Sleepwell offers compassionate, practical support to help you find rest and recovery.

What you will learn

- Understanding the Impact of Trauma on Sleep
- Creating a Safe Sleep Environment
- Developing Gentle Sleep Routines
- Non-Pharmacological Approaches to Sleep
- Healing Through Relaxation

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WORKSHOP

Elevate Your Performance Through Better Sleep

Empower yourself to reclaim restful sleep. Join us at the Sleepwell Workshop and take a step toward healing and well-being.



Career Driven Women



Health Conscious Women



Understand Sleep as a Performance Tool!



Discover the powerful connection between quality sleep, cognitive function, and decision-making, and how improving your sleep can be the key to your success.

Who should attend?

This workshop is perfect for executive women who are committed to enhancing their productivity, resilience, and overall health. If you're looking to maximise your potential by improving your sleep quality, this session is for you!

What you will learn

- Techniques for managing high stress levels associated with executive roles
- Creating a restorative sleep environment, even with a busy schedule and frequent travel
- Advanced relaxation strategies, including breathing exercises and group CBT-i therapy
- And more!

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