

Integrative Wellness Coaching Landing Page Copy

Hero Section

Integrative Wellness Coaching

Support for Life's Transformational Seasons

A personalized coaching experience designed to help you integrate pivotal life experiences into meaningful, grounded daily living.

At Trip HōM, we believe transformation deserves support, reflection, and compassionate guidance. Our Integrative Wellness Coaching Package offers a structured space for emotional processing, personal empowerment, intentional reflection, and ongoing accountability.

The journey doesn't end with the experience — integration is where lasting transformation begins.

What Is Integrative Wellness Coaching?

Integrative Wellness Coaching is designed to support individuals navigating transformative periods of life. Whether you are processing a major life transition, seeking deeper self-awareness, exploring personal growth, or integrating profound experiences, our coaching approach helps bridge insight into sustainable change.

Through intentional reflection and supportive guidance, we help you:

- Develop clarity and emotional insight
- Create meaningful lifestyle integration practices
- Strengthen self-awareness and empowerment
- Build supportive wellness routines
- Cultivate grounded transformation over time

What's Included

Personalized Integration Guidance

Your coaching experience is tailored to your unique journey. Together, we explore how transformative life experiences can positively support emotional, mental, and

spiritual well-being while creating practical pathways for integration into everyday life.

One 1-Hour Intention & Affirmation Session with Your HōMie

This foundational session helps revisit your intentions, clarify personal goals, and establish a supportive integration plan for the months ahead.

During this session we will:

- Reflect on your intentions
- Explore meaningful insights
- Establish supportive wellness goals
- Create an individualized integration roadmap

Three 1:1 Coaching Sessions

(45 minutes each)

Receive continued personalized support over a three-month period as you deepen reflection and apply insights to your daily life.

These sessions may include:

- Reflective integration support
- Emotional processing guidance
- Goal alignment
- Accountability and wellness planning
- Personalized practices for ongoing growth

Weekly Text Check-Ins for 3 Months

Stay connected with your Trip HōMie throughout your coaching journey.

Weekly support includes:

- Accountability check-ins
- Encouragement and support
- Space for questions and reflections
- Ongoing guidance between sessions

Investment

Integrative Wellness Coaching Package

\$450 Total Investment

Includes:

- 1 x 60-minute Intention & Affirmation Session
- 3 x 45-minute 1:1 Coaching Sessions
- Weekly text support for 3 months

Typical wellness coaching packages involve four sessions over three months, allowing time for reflective integration and personalized guidance.

Important Disclaimer

The Very Important Not-So-Fine Print

This integrative wellness coaching package is not a substitute for therapy or clinical mental health treatment.

While coaching provides supportive guidance for navigating transformative experiences and life transitions, it does not replace care from a licensed mental health professional or healthcare provider.

If you are experiencing mental health concerns or require clinical support, we encourage you to seek care from a qualified licensed provider.

Why Trip HōM?

Trip HōM offers compassionate, trauma-informed, and heart-centered support for individuals seeking intentional transformation and integration.

We honor the importance of safe spaces, reflective practices, empowerment, and individualized care throughout every stage of the journey.

Transformation Requires Integration

You do not have to navigate profound life transitions alone.

Let us support you in creating meaning, clarity, and grounded transformation through intentional wellness coaching.

