

how much?



...is good health worth?

Ensure your staff's health and wellbeing
and watch your business grow

It's an art and science to stay well.

We can show you how...

SELF CARE...
A REVOLUTION
IN HEALTHCARE



The Art of Health

AND SCIENCE OF WELLBEING

More than ever it is essential that we learn to take care of our own health and wellbeing. The Art of Health specializes in giving people the right information and tools to do so. This is a revolution in healthcare and comes from over twenty years of personal research into the true meaning of health.

We all know that the best work is done by happy, healthy, motivated employees. At the Art of Health we also understand that complete wellbeing is the result of much more than just good food and exercise. Our holistic approach ensures that mental and emotional wellbeing is optimised alongside physical health.

When your staff experience our unique and cutting-edge individual or group healthcare programs, increased wellbeing will show up in all areas of life. Plus, our self-care and health maintenance techniques will help prevent absenteeism, presenteeism and save on healthcare bills...boosting productivity, work satisfaction and your bottom line.

Our healthcare services include...

Health Coaching (individuals & small groups)

Selfcare health education for optimising wellbeing & productivity

Specialising in stress reduction, assertiveness skills, work-life balance, time management, redundancy support, emotional healing, personal issues, workaholism, improved confidence, health problems and more...

Emotional Intelligence Training

Training EQ to work with IQ for optimum clarity and performance...

We are all born with a 'body intelligence' but few people know how to use it. Utilising the heart-mind and gut brain increases intuition, improves decision-making and enables optimal work performance.

Stress Reduction and Relaxation

A calm mind and relaxed body improve health...and productivity

At the Art of Health we are experts in stress reduction. A clear mind enhances focus and creativity, prevents workplace accidents, boosts immunity and prevents many illnesses which develop from a state of dis-ease.



"Not only did I make a full recovery...

...from exhaustion, I also learnt how to deal positively with the stresses of life." (Kristin, Marketing Manager, Auckland)

Provide yourself or your employees with help for...

Stress, Anxiety, Insomnia, Adrenal Exhaustion, Depression
Workaholism, Redundancy Support, Time Management,
Work-Life Balance, Burnout, Healthy Communication and more...

Private Consultations » Educational Seminars » Health Retreats
Private sessions available by phone, skype or at your premises

Talk to Kim Knight

YOUR HEALTH & PERSONAL DEVELOPMENT COACH

Kim Knight is an accredited health practitioner with a wealth of expertise, and has featured in many magazines including Fitness Life & Business Today.

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