

Coaching

Connect with a coach to help you achieve your goals



Canopy's professional coaches are available by phone or video sessions to support you with:

- Goal setting and planning
- Healthy habits
- Increased resilience
- Decision making
- Communication skills
- Career or personal development

Contact Canopy for more information or to schedule an appointment with a coach. It's free and confidential:

call: 800-433-2320

email: info@canopywell.com



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