

Healthy Habits

Wellbeing Service

Information for health professionals

The Healthy Habits team practice a holistic approach in supporting participants to form healthy lifestyle habits in exercise, nutrition and wellbeing, and self-manage or reduce their risk of developing chronic disease.

Our Wellbeing Coaches provide comprehensive assessments and support participants to develop new cognitive and behavioural strategies, as well as facilitating referrals for additional services.

What do we offer?



Short term, goal-focused discussions

Wellbeing Coaches work with participants to develop individualised plans with specific goals and strategies that aim to manage concerns, support healthier habits and improve wellbeing.



Phone-based appointments

For ease of access, appointments are 30 minutes in duration and can be completed where the participant deems suitable.



Specifically trained Wellbeing Coaches

Our team deliver evidence-based counselling approaches and provide support appropriate to the participant's personal needs.



If your client experiences:

- Mental health challenges;
- Constant worry and avoidance;
- Chronic pain flare-ups;
- Anxiety towards accessing support services;
- Low motivation, or mild to moderate mood disorders affecting daily life; or
- Uncertainty in how to start or continue with lifestyle self-management,

Make a referral today!

The Wellbeing Service is available to participants of Sonder's Healthy Habits program.

To enquire about this service for an ongoing participant of the program, email healthyhabits@sonder.net.au or call Thomas Chan, Wellbeing Coach at Sonder on **(08) 8209 0700**

To make a new referral into the Healthy Habits program, go to sonder.net.au/healthy-habits