

January Newsletter

Welcome to the year 2024!

As we begin a new year, some people might see it as a chance to reset and establish healthy habits or wellness routines. For others, it's a time to reflect on what has worked well so far and what minor adjustments they can make to keep moving forward.

This month's newsletter contains tips, blogs, and information about our upcoming events. We hope you find them helpful.

Wishing you a good start to the new year!
Emma, Sair, and The Haven Team. x



Embracing the cosiness of winter.

With Christmas been and gone, you may find in the impending absence of the Christmas lights and decorations, the rooms can seem bare.

Perhaps it's time to embrace Hygge, a Danish concept, which allows you to find contentment in cosy living. Learn more about creating a cosy home on the blog.

[Read more](#)



New resources in wellbeing portal

Whether you want to improve your relationships, fitness, health, business, or anything else, it's all about taking little steps towards your goal and enjoying the journey.

To help you start the new year on a positive note, we have added a new section in the members' area called "The Fresh Start Effect". The section contains an ebook called "1 per cent better" to help you take the first step towards changing your life for the better.

Click on the link to find out more about the new section.



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Rest and Relaxation Sessions.



Monthly Relaxation Sessions Available on Wellbeing Portal

For the new year we have monthly rest and relaxation sessions. You can easily find these sessions on the wellbeing portal's program section under "Rest and Relaxation", and they will appear on the first Thursday of every month. Our guided imagery sessions are designed with therapeutic techniques, including mindfulness, to make you feel refreshed and rejuvenated.

We hope you find them helpful!



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Announcement: Havening Sessions Resuming Soon!

We are pleased to announce that our Havening sessions will resume starting the week of January 8th. These sessions typically experience a high demand, especially after school holidays. For members of our wellbeing portal, we offer a 50% discount on sessions.

To book your session, please email haven@coect.co.uk



Keeping on Track- Group chat.

Keeping on Track - Virtual Meet up.

Are you looking for some help staying on track with your healthy habits in 2024? Look no further! Our monthly group sessions last just 30 minutes, and provide a warm and welcoming space for you to share your successes and challenges, and create a plan to keep you motivated and accountable. Our meetings are loosely structured, and we'll use a special technique called Havening to help you stay committed and consistent in reaching your goals. Let's work together to make 2024 your healthiest year yet!

BOOK NOW

