

Business Connection

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Business Spotlight

Your Coach For Living By Design

As a Certified Master Health and Life Coach, Jeanette Schaub helps you design a life you love by managing the stress and anxiety standing in the way of reaching your goals. When stress goes unmanaged, it can have detrimental effects not only on your health, but your relationships and lifestyle.

"I created J. Schaub Health & Wellness by Design out of desire to empower you to decide how you want to show up in the world," said Jeanette. "As your coach, I partner with, and empower you to define and create a powerful vision for yourself and help you execute on that vision. I help you unlock the tools you already possess. Together we set goals, implement specific strategies and steps and take action to achieve your vision."

Jeanette had been mentoring, training and coaching for more than 25 years in corporate America, and after concluding a successful career in the insurance industry where she developed and led a sales team for 14 years, she realized it was time to make a change. "I was also dealing with high levels of stress and felt overwhelmed

while on my own transformational journey to become the best version of myself," she said. Jeanette wanted to take her experience, passion and expertise to coach and empower others to live their best lives and show up in the world as they choose.

J. Schaub Health & Wellness by Design offers individual, group and corporate coaching. I specialize in classes and workshops on any life and health topic with a primary focus on stress and anxiety as these affect all areas of life and can impact our health greatly. "I custom tailor my packages and programs to meet the needs of my clients," said Jeanette.

She does not believe that one size fits all when it comes to health and wellness – everyone has unique ecology, different motivation and desires. "There is no right or wrong way to achieve optimal health. Everyone has their own special formula, so it is important to uncover the real 'why' and motivation behind their goals, while being a trusted partner on their journey," said Jeanette.

Learn more online at www.livinitbydesign.com, by emailing jeanette@livinitbydesign.com or by calling 925-922-5395.



Jeanette Schaub