

COACHING



GREEN HEART

WELLBEING

EDUCATION | NATURE | SPIRITUALITY





GREEN HEART

WELLBEING

EDUCATION | NATURE | SPIRITUALITY

CONTENTS

About Green Heart	3
Coaching For You.....	4
Coaching For Children.....	5
Costs & Contact Green Heart.....	6





GREEN HEART

WELLBEING

EDUCATION | NATURE | SPIRITUALITY

ABOUT



Meet Ashley Green, the founder of Green Heart Wellbeing.

Ashley taught in primary schools in Dubai for twelve years. For seven of those years, she was a Wellbeing Leader in her school, sharing best wellbeing practices with colleagues, at conferences in the region as well as globally.

She completed a master's degree in Positive Psychology and Coaching Psychology and decided that there wasn't enough scientific wellbeing provision in schools and she wanted to make a difference. She published two children's wellbeing books along side many other resources used in schools and homes today. The seed was planted.

She left teaching in order to focus solely on supporting educators, families and students to improve their overall wellbeing. After working for two years as a Wellbeing Coach at The Free Spirit Collective, it was time for Green Heart Wellbeing to grow and flourish.

COACHING for YOU

In a nutshell, my passion lies in making a difference through coaching and supporting your wellbeing.



Through Green Heart Wellbeing, I'm here to walk with you through life's twists and turns, helping you nurture balance, purpose, and a life that feels truly your own. Together, we'll create space to breathe, grow, and flourish.

Who I Work With:

I work with educators, parents, and teens who are ready to take the next step. You might:

- Feel stuck or unsure where to begin when it comes to making changes.
- Want to feel more joy, connection, and meaning in your life.
- Be ready to set goals and explore new paths, whether personal or professional.
- Be navigating a fresh start after a career break, a tough season, or a big life shift.
- Be curious about mindfulness, meditation, or ways to bring more feelings of wellbeing to your day.
- As an educator, want to carve out space for yourself beyond the demands of work.

For Teens:

I also create a safe, encouraging space for teens who:

- Are figuring out what's next, whether it's personal or academic.
- Want to get clear on their goals and take steps to achieve them.
- Are looking for someone to listen and guide them toward what feels right.

Every session is built on my four pillars: honesty, calm, creativity, and passion. Together, we'll explore your path, uncover what makes your soul sing, and make the changes that feel right for you.

Let's grow something amazing - right from the heart.

COACHING for CHILDREN

ACADEMICS AND
STANDARDISED
EDUCATION, IS NO
LONGER ENOUGH FOR
THE CHILDREN OF
TODAY - WELLBEING
MATTERS



Primary age children are going through so much learning during this stage of their lives. It can sometimes be difficult to remember those years, where we were learning how to be human amongst everything else. Emotions can be big and the words might not have connected with them yet.

Children have coaching sessions with me for lots of different reasons, such as;

- Developing their Emotional Literacy
- Emotional Regulation
- Learning about mindfulness at an age appropriate level
- Understanding their Character Strengths and how to apply them in life
- Building confidence and self esteem
- Learning about Positive Psychology concepts that help them navigate their world
- Begin meditation practice in a way that works for them
- Have a safe space to talk about what is going on for them and collaborate to find solutions

Every session is tailored to the child. During the time we spend together, the children will learn through creative wellbeing activities, games and art.

“ It is not what is poured into the student, but what is planted that counts.” - *E.P. Bertin*



GREEN HEART

WELLBEING

EDUCATION | NATURE | SPIRITUALITY

COSTS

Each Hour Long Session with Ashley is priced at 650 AED
+VAT @ The Free Spirit Collective, City Walk

Home sessions can be booked for 500 AED +VAT
A Package of 6 sessions can be booked for 2700 AED +VAT
(Travel time/ Parking costs may be added)

CONTACT



hello@greenheartwellbeing.earth



+971585693588