

# Life coach opens business in New Holstein

Connie Krupp has opened a new business in New Holstein—Wellness4life—located in The Refinery Wellness Center above Lilybee Flowers.

Krupp worked at the Department of Human Services of Calumet County as a social worker and access supervisor. She also taught both face-to-face and online courses at Moraine Park Technical College in the social work and business areas.

She has a Bachelor's in Social Work degree from Lakeland College and a Master's of Business Administration from Marian University. She owned KT&C where she wrote courses and curriculum for colleges and businesses around the U.S. Recently, Krupp became a licensed health and life coach.

She is offering online courses, providing individual coaching via phone or Zoom, and in partnership with The Refinery Wellness Center in New Holstein is offering workshops on health and wellness.

She and her husband live in New Holstein. They have two children and five grandchildren. They spend their free time golfing and at their cottage in Eagle River.

Learn more at [www.wellness4lifecoaching.com](http://www.wellness4lifecoaching.com), or contact her at 920-602-1714 or [connie@wellness4lifecoaching.com](mailto:connie@wellness4lifecoaching.com).

Wellness4life offers 12-week programs on health, careers, money, love and relationships, and “The Greater Good” in which participants examine who they are, determine their life purpose, and work to shift their mood and outlook on life.

With each of the programs, Krupp said she helps people let go of old habits which are no longer serving them and shows them how to take empowered action and set up accountability for lasting success. A one-hour free discovery session is held via phone to see if Wellness4life will be a good fit. During that session, Krupp asks a series of questions designed to uncover what the person's vision is for their life, career, relationships, etc. and what is stopping that from happening.

Krupp said her job as a life coach is to support and cheer on her clients, unlock their potential, and inspire them in every area of their life.

Studies show that it takes 12 weeks



**Connie Krupp (front, center) and her new business—Wellness4life Coaching—was welcomed to the New Holstein business community by New Holstein Area Chamber of Commerce board members Phil Kubichka (front, left) and Sonny Schaar (front, right); and (back, from left) Mark Sherry, Dave Amel, Deneen Mueller, Brandon Schrage, and Madelyn Process.**

to change a habit, which is why Wellness4life offers a 90-day (12-week) Total Transformation Program that will help people look at their habits and beliefs, who they are, and what they want to change. She said she follows a five-step transformational process learned at the Health Coach Institute where she became certified.

In addition, Wellness4life also offers a Total Body Re-Boot—The Reset Cleanse in partnership with The Refinery Wellness Center operated by Brooke Bateman. The Reset Cleanse is a 21-day program presented in three seven-day phases.

Krupp said many more workshops are coming to The Refinery Wellness Center.

Krupp specializes in the area of stress management and has several related online courses available, including “How to Kick the Stress Habit” and “How to Reduce Anxiety in Kids During the Pandemic.” Coming soon is “How to Deal With the Loss of a Child.”