

What is Wellness Coaching?

Wellness coaches are trained to help clients develop & implement personal wellness plans by:

- Accepting & meeting us where we are today
- Asking us to take charge
- Helping us tap into our innate fighting spirit
- Addressing mental & physical health together
- Helping us draw a personal wellness blueprint
- Helping us set realistic goals
- Harnessing strengths to overcome obstacles
- Helping us build a support team
- Inspiring and challenging us

wellness

Optimal physical and mental health

coach

Your partner in reaching peak wellness

**It isn't the mountain ahead
that wears you out; it's the
grain of sand in your shoe.
~Robert W. Service**

What does peak wellness look like for you?

- Fit and Strong
- At your ideal weight
- Healthy eating
- High energy
- Robust health
- Calm and balanced under stress
- Positive and optimistic state of mind
- Fully engaged and satisfied in life

The process of wellness coaching progresses through several stages:

- 1. You provide background information through a wellness assessment so that you and your coach are well-informed on the key issues, including medical considerations.**
- 2. During the first 30-60 minute coaching session, you identify your priorities and develop a personal wellness plan including a wellness vision, three month goals and the first steps.**
- 3. In subsequent 30-40 minute coaching sessions, each week, bi-week, or month, you and your coach review the progress toward your vision and goals, explore and resolve the most pressing issues, learn something new, and then agree on a set of goals for the following week. You will enjoy plenty of ah-ah insights along the way.**
- 4. By the end of three months, you should reach more than 70% of your three-month goals and feel energized and confident to embark on new areas with or without your coach.**