



What exactly is a health coach?

Health Coaches are coaches who focus on health and wellness. Like other coaches, they approach coaching as a relationship, but focus specifically on health.

A health coach meets clients where they are. They support client-led goals and habit changes.

Health Coaches use a forward-thinking approach. The support they offer is both science- and experience-based; it's a combination of traditional and modern approaches catered to each bio-individual client.

Each person has unique needs which change over the course of one's life. Health Coaches believe there's no one specific way to approach health because each person is unique and continually changes.

Keep in mind:

1. Each person has different needs.
2. Our needs shift over time.
3. Health is complex.
4. We need to become more in tune with our bodies to determine what works for each of us.

In addition to supporting clients with specific goals, Health Coaches empower clients to choose health-promoting behaviors that work for them. They raise awareness and offer support as clients move in their own bio-individual ways toward the greater health they want for themselves. Coaching hopefully leads to long-term behavior change, but only because Health Coaches help clients do the meaningful work that forms a strong foundation.

How will I work with you?

I will start by getting to know you, what's most important to you and what you would like to accomplish through health coaching.

I will never tell you what you should do, as that really does not serve you.

I will raise your awareness, make suggestions, and perhaps challenge you in relation to the goals you set when you begin working with me.

You are driving the bus - this is your life! This is your one and only magnificent life. What direction would you like to go?

If you would like to explore this coaching relationship and get started, please respond to this email and we can schedule a complimentary call to see if this is a good fit.