

Wellness Coaching:

Wellness is a condition of good physical, mental and emotional health, especially when maintained by an appropriate diet, exercise and other lifestyle modifications. "Wellness Coaching", is a process that facilitates healthy, sustainable behavior change by challenging you to listen to your inner wisdom, identify your values, and transform your goals into action. Wellness Coaching draws on the principles of positive psychology and the practices of motivational interviewing and goal setting. It is an effective way to create lasting lifestyle changes by establishing healthier habits

Are you looking to reshape...your life?

Wellness Coaching includes discussions about anything that impacts your health, fitness, and general well-being. The main focus in Wellness Coaching is to make long-lasting healthy lifestyle changes, and not just provide quick fixes. If you want to be healthier, and you are committed to making some major lifestyle changes to get there, then a Wellness Coach is who you want to work with!

Wellness Coaching...Why do you need it?

Most of us know that we need to be fitter, lose weight, exercise more, eat healthier, etc. but we find that it is extremely difficult to make these important and critical changes on our own. We might begin a fitness program or go on a diet, but we don't seem to be able to follow through with what we started. The knowledge and information about being healthy is all around us, yet achieving good health is much easier said than done.

A Wellness Coach can work with you to set goals, prioritize what matters most and help you to follow through! In Wellness Coaching, a close relationship and partnership with a coach provides structure, accountability, expertise, and inspiration. This enables you to learn, grow, and develop beyond what you can do alone.

Wellness Coaching:How it works?

Wellness Coaching can be done either in person or on the phone/video call, and each coaching session lasts about 45 to 60 minutes. An entire program consists of an initial evaluation (up to 1½ hours), and usually can be completed in 12 weeks, although it is not uncommon for coaching relationships to last much longer.

Who could benefit from Wellness Coaching?

Do you have significant changes you want to make in one or more areas of your life? Do you need to overhaul your eating patterns, or begin to make exercise a routine part of your day, rather than have it be an afterthought? Do you know that your stress coping mechanisms are not working, but you don't have any idea what to do about it? If so, a Wellness Coach might be exactly what you are looking for to help you establish and realize your health and wellness goals.