



well.ness

Optimal physical and mental health

coach

Your partner in reaching the
BEST VERSION
of you

What does the BEST VERSION of you look like?

- Fit and strong?
- At your ideal weight?
- Healthful eating?
- Active and energetic?
- Thriving and healthy?
- Calm and balanced under stress?
- Positive and optimistic state of mind?
- Fully engaged and satisfied with life, work, & relationships?

What is Coaching?

Most people know what to do they just get stuck in how to make it happen. Life gets in the way, temptations and distractions are everywhere. Coaching bridges that gap between knowledge and action; wanting and doing.

What's the difference between wellness coaching and personal training?

- Personal training is exercise for your body
- Coaching is exercise for your brain

In both cases you will get out of the experience what you put into it.

What can I expect?

In our sessions together we will:

- identify your health and wellness priorities
- develop a wellness plan with a vision, realistic goals and small first steps
- check in on progress toward your vision and goals and identify what is working, what needs to be tweaked and what new insights there were.
- Identify strengths, resources and supports we can leverage to accomplish goals

