

What is Health and Wellness Coaching?

There are many things that contribute to good health and wellness but many times the focus is too narrow. If your doctor has ever told you to lose some weight or stop smoking, you may have experienced this approach.

With health and wellness coaching the question is not “What’s the Matter with You?” but rather “What matters to you?”

A health and wellness coach focuses on what’s important to you in your life and why you want to be healthy. Do you want to be able to keep up with grandchildren? Go on a world tour? Hike the National Parks or just be able to dance at your kid’s wedding? Using an assessment called the Personalized Health Inventory (PHI) a coach can help you explore many areas of health and wellness you may not have considered.

Areas like spirituality, social connections, personal/professional growth are all examples of things that drive good health and wellness, but too often we confine the whole concept to just “diet and exercise”. Of course, those things are important, but they may not be the most important *to you*.

Unless you can see a “why” for the “how”, you may not be motivated to change. You may also need guidance to figure out how to make healthy changes. Most people think that you must have grim determination and willpower to build better habits, but that could not be further from the truth.

A health a wellness coach knows how to help you select meaningful goals and work on them in a way that gets results. Because all areas of health and wellness are interrelated, when you start making positive changes in one area, you may find other areas improving too, even if they weren’t your focus.

Healthy changes can create new habits that last and help you fulfill your mission in life!