



WHAT IS COACHING?



What to Expect

HEALTH AND WELLNESS COACHING is a process through which clients clearly identify their goals, create a path toward achieving them, and better understand their strengths, challenges, and what motivates them to make and sustain change.

Client-centered and client-focused. As the active participants in these sessions, you'll lead the way in determining your goals and action steps.

Focused on self-exploration. You know yourself best, and coaching offers you the chance to better understand what success looks and feels like to you.

What it is



What it isn't



This isn't teaching. You are the expert on yourself. Coaches don't know what's "right" for you and aren't there to instill wisdom.

This isn't counseling. Your concerns are not "problems" that need "fixing" and coaches do not diagnose or treat. Instead, you'll explore what optimal health means to you and get support in discovering and meeting your personal goals.



ROLES & RESPONSIBILITIES



My Job



Your Job

I come with more questions than answers. I provide support, guidance, accountability, and resources (as needed) and ask you questions to dig deeper into understanding yourself.

I come prepared to actively listen and support you. Your needs change each day. While I come prepared for our sessions, the group decides what needs to be addressed.



Player Roles

As a coaching client, you:

- Show up for meetings on time and prepared,
- decide your own goals and action plans, &
- allow yourself to be open and coachable.

To reach your goals, you:

- Set yourself up for success &
- commit to the process of self-exploration and discovery.