



### **Why lifestyle coaching?**

A healthy lifestyle is much more than diet and exercise. Stress, sleep, digestion, relationships, home life, working environment all play important roles that need to be considered when working towards optimal health. Although the information on healthy eating and exercise is readily available, the missing link comes in *implementing* a healthy lifestyle into your already overscheduled, busy and unique life.

Lifestyle coaching will allow you to move towards a life of health and vitality. Through lifestyle coaching you will identify the physical, chemical, electromagnetic, mental, and nutritional stressors on your body that have an accumulative effect on your overall health. Instead of relying on prescription drugs to mask your symptoms, consider finding out what is causing your symptoms and learning what you need to change in order to feel better. Health and vitality are not going to develop in your body until you make conditions favourable for them there. If you are not taking care of yourself, your life is out of balance.

If the thought of eating correctly, moving your body and becoming healthy seems daunting and like a lot of work to you, don't worry. It's no more work than you are doing to manage a life of illness and fatigue right now. It's not hard to be healthy, vital, productive and to have a beautiful body, it's just a choice. All you have to do is change your mind, change your thinking and allocate your energy to achieving what you *want* not what you *don't want*.

### **What is lifestyle coaching?**

Lifestyle coaching focuses on assisting people in all stages of adulthood to create a fulfilled, balanced and healthy lifestyle. The lifestyle coach explores the client's internal self, heart and soul, to identify core values, determine their philosophy of health and clarify future vision. Compared to other types of diet and exercise programs, lifestyle coaching approaches the client's life as a whole. The focus reaches much further than traditional diet and exercise programs to include personal fulfillment, home life, career, budgets, relationships, personal growth, and spirituality. Numerous techniques are used facilitate needed changes in the client's life including cognitive approaches, intuitive guidance, somatic exploration, emotional awareness, and connection with the sacred.

### **How does it work?**

Lifestyle coaching takes place over the phone. During our first phone call we will discuss your goals, what you have tried in the past that has not worked, what you have succeeded with in the past, and why these outcomes are so important to you. I will collect information from you to help plan our upcoming sessions. Phone calls happen once a week and are usually 30 minutes in duration. You will also have regular access through e-mail and a client profile blog should you choose. Regular phone calls make you accountable and give you time to act on your decisions and the opportunity to explore

what works for you, while brainstorming with and checking in with your coach to ensure you are moving in the right direction.

As your coach I will be an unbiased sounding board for you. I will offer unique ideas, as well as unconditional support and encouragement. No matter where you are in the process of change, you know that you will receive the support that you need to be successful. We all know that there are bumps in the road from time to time, so your plan will include back up strategies and your weekly telephone check-ins will keep you on track. This planning, preparation, and accountability will help you meet your goals with success!

### **Why does lifestyle coaching work?**

Coaching helps you to "close the gap" between where you are today and where you want to be, in a positive, purposeful way. Coaching encourages you to persevere and "break through" to the next level, without breaking you down. You decide the agenda for each coaching session, and throughout the coaching process, determine your own best strategy to realize your fullest potential.

