

Integrative Health Coaching

As you consider working with an Integrative Health Coach, here is some important information you may find useful.

Why work with an Integrative Health Coach?

Are there health behavior changes that you've wanted to make but either haven't known how or haven't been successful in the past? Has a new health concern arisen that you want to pay particular attention to? Do you need guidance in making positive changes in your diet, lifestyle and overall wellness? Are you looking for someone to help hold you accountable?

What is Integrative Health Coaching?

An Integrative Health Coach effectively motivates and supports health behavior change through a structured partnership between the client and coach. A coach is like a "personal trainer" except the focus will be on your whole self. The coach helps the client develop and realize their optimal health vision through inquiry, personal discovery and accountability.

Why is it effective in helping people realize their optimal health?

- An Integrative Health Coach takes a whole person approach to lead you toward optimal health. I will listen to your concerns and ask powerful questions to help motivate you to make the changes you desire.
- As your Coach, I will spend time exploring what is most important to you in your health and allow you to choose your course of action.
- As your Coach, I will guide you through a process to maximize the possibility of your success.
- We will work in partnership to identify obstacles to change and create strategies for moving forward toward *your* goals.
- As your Coach, I will support you in tracking your weekly progress and hold you accountable for your commitments.
- As your Coach, I will provide additional resources to help you in making healthy behavior changes.

What are appropriate topics for health coaching?

The coaching relationship is unique. We will form a partnership to better equip you to realize your optimal health vision based on your own goals and values. Any concern that gets in the way of taking care of your optimal health is the perfect subject with which to begin coaching. Therefore, any topic you want to bring up that you think will contribute to your optimal health is an appropriate topic for Integrative Health Coaching.