

## WHAT IS HEALTH AND WELLNESS COACHING?

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We've probably all heard how much our thoughts impact our lives. Our thoughts dictate our choices and actions, our actions impact our habits, and our habits determine our lifestyle.

Whether you usually have a positive outlook on life or struggle every day with what our minds obsess over, you could use some guidance when it comes to your thoughts. Often, you refer to unwanted thoughts as negative or bad, but what they really are is *toxic* and they prevent us from moving forward and changing.

[Nationally Board Certified Health coaches](#) like myself, support clients as you journey beside your coach while addressing the thoughts, triggers and habits currently affecting your health and well-being. Together a plan is developed from your vision. Through confidential sessions, using the tools and motivational skills I will guide you as you look at your values, explore limiting beliefs, and utilize strengths while I provide support, accountability, and the framework to assist you in creating sustainable change.

### Do any of these questions resonate with you?

- Do you want to **come to terms with your health** and be open to change?
- Do you want to **manage and move past your worries**, because you know this can get better?
- Do you **grieve the loss of health** or life as it was before and move forward with hope.
- Are you making **life transitions** that are in your control to change?
- Do you **desire to take action but feel overwhelmed** by what this means for your future life and not sure where to start.
- Do you desire to engage in healthy habits that will **improve your quality of life** that is sustainable as you adjust to your new situation?
- Ready to **achieve the vision that's felt out of reach** because of family history or current state of health and well-being?
- Do you want to connect the dots, **get through whatever BS is going on** and get to brighter days ahead?

My passion is to meet people where they are at, and without judgement partner with clients as they explore the steps to their best self. Action plans, small steps and obstacles or challenges to change are discussed in weekly sessions. Click here for client testimonials, [In Their Words](#). **Use your Flex Spending or Health Savings!**

If you have questions, would like to chat, or meet me for coffee? I'd love to meet with you (virtually or if possible, face to face) and answer your questions in a free 20-minute session where I can learn about you, hear your story and you can decide if health and wellness coaching with me is the next step in your journey.

### My contact information:



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Make the rest of your life the best of your life! Janelle