



## 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 we usually have a positive outlook on life or struggle every day with what our minds obsess over, we could all use some guidance when it comes to our thoughts. Often, we refer to unwanted thoughts as negative or bad, but what they really are is *toxic*.

Health coaching supports clients as we together address the thoughts, triggers and habits currently affecting lifestyle, health, and well-being.

If you're looking to make a change and feel stuck; burned out or ready to make changes, health coaching will give you the accountability; freedom and guidance to make those healthy lifestyle changes.

Together we'll set realistic goals that create change and a sustainable lifestyle.

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.

I ask my clients to commit to an 11-session starting plan) initial and 10 session package) which is about 3-5 months to work through "life"; tweak goals and give the support needed in the infancy of lifestyle changes to create realistic habits.

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 about the health and wellness coaching process.

### You can reach me at:



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

Janelle