



WHY COACH WITH ME?

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Together we'll create a customized soulful plan, setting goals to guide the way and help you stay focused. We'll leave room for "life" anticipating its curve balls and adjusting to continue the journey towards your best self together. Always building on the foundation of Christ for abundant living and the strength to make the right choices.

- I am a Nationally Board-Certified Health and Wellness Coach **NBC-HWC**
- I am energetic, empathetic, fun, and excited to help **you** become **your** best self.
- I am passionate about assisting **you** on **your** journey and will never give up on you.
- I'll listen to **your** challenges and meet you where you are at. I will assist you in breaking through the challenges you face so that you can live your best life.
- Together we will create a personalized plan and work through **your** top priority issues in sessions – I don't believe in a one-size-fits-all approach.
- I'll ask you the tough questions to help **you** find **your** answers.
- As your coach I will help motivate and empower **you** to determine realistic behavioral changes that **you** can make to accomplish **your** own goals/outcomes. Together we will modify the goals to accommodate the ups and downs on life while living a sustainable lifestyle while on the journey to **your** best self – no quick fixes.
- I'll help **you** be aware of **your** interior thinking and together we'll explore why **you** make the choices **you** do. Finding out why **you** settle for less than God's best for **you** and move beyond **your** experiences and work past the external forces that hold **you** back.
- I will work with **you** holistically, integrating all dimensions of Soulistic Well-Being into **your** goals for behavioral change as **you** put God first in each area of **your** life, **you** will see that **you** can achieve a healthy lifestyle and maintain it. (*Matthew 6:33*)
- I will guide you as you explore **your** vision, guiding you to live a life congruent you're your values and utilizing your strengths. I will climb the mountain with you, not simply give you a map or tell you what supplies to take on your journey. Together we will explore the tools for independence while supporting those life changes.
- I will help **you** discover **your** why, motivation and strengths. This will empower **you** and give **you** a greater likelihood of success as **you** break through old unhealthy habits and develop a healthy and sustainable lifestyle by **your** definition.
- I believe that when **you** put God first, **you** can draw from His strength. Together with God, I will help **you** realize **your** identity in Christ, increase self-awareness and boost your confidence so **you** can follow **your** unique calling.