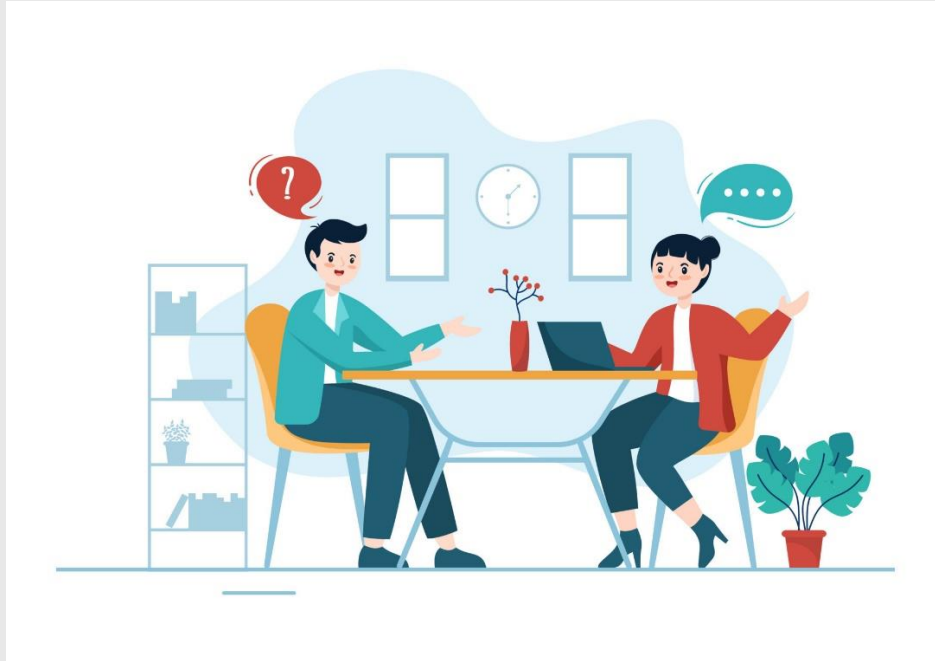




WELLNESS COACHING



What is wellness coaching?

Wellness coaching is a collaborative process where a coach supports and guides clients in achieving their personal wellness goals, which often encompass physical, emotional, and behavioral health. Unlike traditional healthcare professionals who may prescribe specific treatments or behaviors, wellness coaches facilitate a client-driven path of change, empowering individuals to identify their own motivations and design strategies that align with their unique lifestyle and values.

This approach is holistic and multifaceted, considering various aspects of a person's life that contribute to overall well-being, such as relationships, career, financial stability, and more.

The ultimate aim of wellness coaching is to foster self-discovery and equip clients with the tools and confidence needed to implement sustainable changes towards a healthier, more fulfilling life.

Below is a WELLNESS COACHING case study between Life Coach and Client. The interaction is a hypothetical example to give you a better insight into Wellness Coaching.

Coach: "Thank you for coming in today. Let's start by talking about what wellness means to you and how we can work together to enhance your sense of well-being."

Client: "Well, to me, wellness is about feeling good in my own skin, having energy, and being able to enjoy life. Lately, I've been feeling the opposite. I'm tired all the time, I've gained weight, and I just feel stuck."

Coach: "It sounds like you have a clear understanding of what wellness means to you. What do you think is contributing most to how you're feeling right now?"

Client: "I don't really have a routine. I go to bed late, wake up feeling exhausted, and then I just sort of drift through the day. I know I waste a lot of time doing nothing, but I just don't have the motivation to change."

Coach: "It's great that you've recognized these patterns. What do you feel is at the root of the challenge with motivation?"

Client: "I guess it's that I'm not feeling my best, and that makes it hard to get started."

Coach: "That's understandable. If you could take one small step tomorrow toward feeling more energized, what might that be?"

Client: "I've thought about trying to go to bed earlier, but I haven't really committed to it."

Coach: "It sounds like sleep could be a key area to focus on. How do you think setting a consistent bedtime might influence your overall wellness?"

Client: "I think it could help me feel more rested and maybe give me more energy during the day."

Coach: "That sounds like a positive step. What could support you in creating this new bedtime routine?"

Client: "I could set an alarm to remind me when it's time to wind down and avoid late-night screen time."

Coach: "Those are great ideas. How confident are you in your ability to implement this change?"

Client: "I feel pretty confident, especially if I keep reminding myself of the benefits."

Coach: "That focus on benefits can be really motivating. Let's also explore some activities you used to enjoy. What were some things that brought you joy in the past?"

Client: "I used to love painting and going on hikes. But now, I just don't have the energy or motivation to do them."

Coach: "It sounds like those activities were really meaningful to you. What do you think has shifted in your life that's made it harder to engage in them?"

Client: "Work has been overwhelming, and I've had no time for myself. It's like I'm on autopilot."

Coach: "It seems like creating balance between work and personal time could be important. What small actions could you take to start reclaiming time for yourself?"

Client: "Maybe I could schedule short walks during my breaks, or set aside time on the weekends to paint."

Coach: "Those sound like great ways to reconnect with what you enjoy. How do you think incorporating these activities could impact your overall wellness?"

Client: "I think it would help me feel more balanced and give me a break from the stress of work."

Coach: "That's a powerful insight. How do you feel about setting these as goals for the next week?"

Client: "I feel good about that. I can definitely commit to it. I'm feeling more hopeful already."

Coach: "Hope is a wonderful foundation for change. As you move forward, how can you keep yourself aligned with these goals and maintain your progress?"

Client: "I think regular check-ins and reflecting on how these changes are improving my life will help."

Coach: "That sounds like a solid plan. Let's nurture this hope with consistent action and reflection. I'm here to support you every step of the way."

Interested in Wellness Coaching?

Contact us and schedule your free Discovery Session.

We are here to help you every step of the way!