

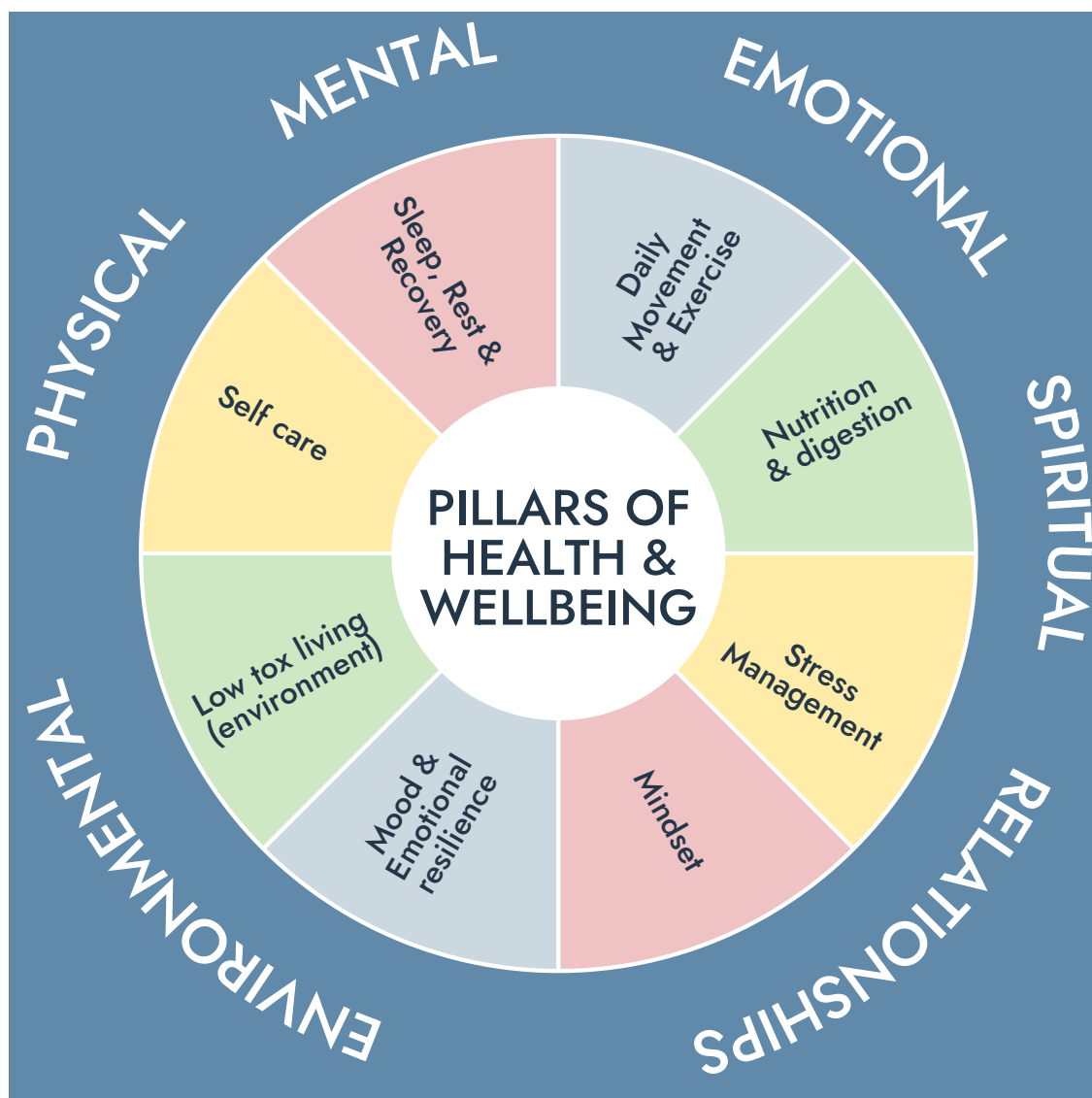


HEALTH COACHING UNLOCK YOUR POTENTIAL

**YOUR UNIQUE ROADMAP to VIBRANT HEALTH and the
WELLNESS LIFESTYLE OF YOUR DREAMS**

GET INTO THE BEST SHAPE OF YOUR LIFE

optimize your nutrition,
boost your metabolism & lose weight,
get fit & toned,
manage stress and overwhelm,
reclaim all day energy,
feel confident in your body
perform at your best in work & sports



THE HOLISTIC APPROACH OF HEALTH AND WELLNESS COACHING:

Health and Wellness Coaching goes beyond just traditional fitness routines or weight loss plans. Health Coaches guide clients to create sustainable, harmonious wellness based lifestyles and powerful daily health habits.

It is a holistic, whole person-whole life approach that addresses the unique needs of the individual to support thriving across the 8 dimensions of wellness - physical, mental, emotional, existential, relationships, work and financial

10 WAYS A HEALTH COACH CAN OPTIMIZE YOUR WELLBEING & POTENTIAL

1 Balanced Lifestyle Strategies

harmonize your unique lifestyle, goals and challenges and strike a balance between professional aspirations and personal well-being.

2 Personalized Goal Setting and Accountability

set realistic and achievable health goals, providing ongoing support and accountability to ensure progress is made and maintained.

3 Customized Fitness Plans for Busy Schedules

fitness plans and lifestyle adjustments to boost energy levels, stamina, and overall vitality, reduce stress and meet your strength and weight goals

4 Nutrition Guidance for Optimal Performance

learn ways to plan, prep and cook meals, eat while travelling, navigate emotional eating and eat for energy, better mood & immunity

5 Enhanced Energy & Vitality

optimize your physical well-being, ensuring higher energy levels and vitality for sustained focus and productivity

6 Enhanced Sleep Quality

improve sleep hygiene & routines for cognitive function, mood regulation, immunity and overall well-being

7 Mindfulness, Relaxation and Resilience Techniques

enhance mental and emotional well-being enabling you to navigate complex situations with focus and creativity and face challenges with vigor and resilience.

8 Improved Mental Clarity and Focus

build exercise, nutrition, time & stress management activities to support mental acuity - a critical asset influencing decision making, creativity and stress management

9 Stress Management and Resilience Building

techniques, practices and tools to navigate high-pressure situations and reduce the impact of stress on health and wellbeing

10 Holistic Approach to Success

create thriving in all 8 dimensions of wellness, emphasizing that true achievement encompasses both professional accomplishments and personal well-being to live to one's full potential



A COACH can be a powerful partner in helping you get more clarity, break through old beliefs and behaviors holding you back, navigate obstacles and challenges and keep you motivated and accountable (in the best possible way) to take action and see success.



Hi, I'm Karin. Yoga Teacher and Health Coach who got hit by a bus, a pandemic, a major health crisis, lost my dream business and a body part. BUT I bounced back and turned a few hard years into my best years, building a thriving business once again. Now I'm on a mission to help my clients create a wellness lifestyle and rock solid foundation of vibrant health so they can get into the best shape of their lives, enjoy boundless energy, show up confident, creative and productive and live a wildly successful life.

BOOK YOUR FREE, NO OBLIGATIONS "FUTURE YOU" ACTIVATION CALL AND START TRANSFORMING YOUR HEALTH, YOUR BODY AND YOUR LIFE!

IN THIS 60min call WE'LL:

- GET clear ON YOUR MOST IMPORTANT health and wellness GOALS
- explore THE OBSTACLES OR CHALLENGES KEEPING YOU FROM SUCCESS
- identify some "quick wins" to get you started
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WHAT MAKES COACHING SO POWERFUL?

CLIENT CENTERED APPROACH - Focuses on empowering clients to define their own health and wellness goals, rather than prescribing solutions.

ACTION ORIENTATED - Helps clients create actionable, sustainable plans for achieving their goals through gradual habit changes.

FOCUS ON BEHAVIOR CHANGE - Guides clients in building new, healthier routines while addressing obstacles to long-term success.

HOLISTIC PERSPECTIVE - Considers all aspects of well-being, including nutrition, physical activity, sleep, stress, and emotional health

COLLABORATIVE PARTNERSHIP - Coaches and clients work as equals, with the coach supporting and guiding rather than directing.

NON JUDGEMENTAL SUPPORT - Offers a safe, supportive space to explore challenges and celebrate successes without fear of criticism

MOTIVATIONAL TECHNIQUES - Uses evidence-based strategies like motivational interviewing to uncover intrinsic motivations and build self-confidence

ACCOUNTABILITY AND STRUCTURE - Provides regular check-ins, goal-setting sessions, and tools to help clients stay on track and measure progress.

WHAT COACHING IS NOT

THERAPY

Coaching focuses on the present and future, rather than exploring past trauma or deep psychological issues. It's about practical strategies for growth. Coaching is forward focused and takes what is going well and helps to make it better

CONSULTING OR MENTORSHIP

Coaches don't offer expert solutions (consulting) or share personal experience-based advice (mentorship). Instead, they guide clients to find answers within themselves and then support them to take aligned action, keep them accountable and provide information and resources where required.



WHY BEING COACHABLE MATTERS

Being coachable is one of the most important traits of successful people. Smart, high achieving individuals see themselves as an evolving work in progress and look to coaches that have the knowledge to help them level up faster and break through the barriers.

When you've hit a plateau in life, work, the gym, your relationships, coaching can help you shift gears and get you back on track. Your coach will help you gain awareness, (re)focus goals, and provide a little extra insight and motivation to move your forward in new and exciting ways.

The key, however, is being coachable and allowing a coach to help you.

Having certain qualities, or being willing to develop them in yourself will help you receive the full benefits of the coaching relationship and maximize your time and financial investment.



QUALITIES TO BEING COACHABLE

do you have these qualities, or are willing to develop them

	YES	NO
• <u>Self-aware</u> : you have the ability to understand yourself as an individual - your skills, strengths, your gaps and are ready to improve on them.	<input type="checkbox"/>	<input type="checkbox"/>
• <u>Open to learning new things</u> : You understand what areas you may not have as much knowledge in and are willing to invest the time and effort to learn more.	<input type="checkbox"/>	<input type="checkbox"/>
• <u>Willing to try new things</u> : generally comfortable with new experiences that can help you improve.	<input type="checkbox"/>	<input type="checkbox"/>
• <u>Action-oriented</u> : you enjoy being productive and setting and achieving goals.	<input type="checkbox"/>	<input type="checkbox"/>
• <u>Open to feedback</u> - seeing it not as criticism but as an opportunity to see how you can make improvements.	<input type="checkbox"/>	<input type="checkbox"/>
• <u>Self Motivated</u> - driven by your own values, desires and ambitions you have the ability to take initiative, and put in the effort to set and pursue goals.	<input type="checkbox"/>	<input type="checkbox"/>
• <u>Hold yourself accountable</u> : you take responsibility for your actions, manage your expectations and strive to do your best.	<input type="checkbox"/>	<input type="checkbox"/>

- Think in the long term: willing to improve in certain areas to achieve your long-term goals ☐ ☐
- Open and Transparent - willing to show up authentically in the moment, being honest and vulnerable. ☐ ☐
- Willing to put your ego aside - ego may stop you recognizing that things have, or need to, change. It may keep you from seeing your blind spots and prevent you from admitting you don't have the knowledge or skills you need or from asking for help. You can put your ego aside. ☐ ☐
- Gracious and Humble - you acknowledge you don't know everything and someone else may actually be correct and be grateful for the chance to improve yourself. ☐ ☐
- Have a growth mindset - you acknowledge that you are capable of learning, changing and growing. You are willing to practice reframing setbacks and failures as learning opportunities. You are open to feedback and willing to ask for help ☐ ☐
- Don't take things personally. ☐ ☐
- Focused on the process of mastery and growth (progress) than the final outcome. You see the "gains" and not just the "gap" ☐ ☐
- Celebrate solid results - small wins count too! ☐ ☐
- Willing to Learn from More Experienced People - you want to leverage guidance from people who are already where you want to be or have skills you need and can push you on a path to greater success. ☐ ☐
- Willing to Change Your Behavior and break old habits. You resist temptations to justify your past behavior, and prioritize improvement over being "correct". ☐ ☐



HOW TO GET THE MOST OUT OF A COACHING RELATIONSHIP

If you said yes to most of the questions above then you are a great fit for coaching! Congratulations!

These tips can help you get the most out of your coaching relationship so you can unlock the next level of success in your health, wellness and performance.

1. Have a positive attitude

See coaching as something positive for your benefit and growth.

2. Remember the Coach Wants The Best For You

Your coach is your greatest ally, and biggest cheerleader and only wants to help you break barriers and reach your goals. Your coach is there to provide you with the feedback you need to be successful in the face of challenges, help you see situations through a different lens, apply new systems, and keep you from the pitfalls of old habits. When you succeed - the coach succeeds. It's really that simple.

2. Prioritize your time with your coach

This an opportunity to focus exclusively on yourself and receive support and guidance. This is a form of self care and taking it seriously means you'll get the most out of your time and financial investment.



3. Ask Questions

When given feedback, ask questions to clarify so you understand yourself and the situation better. Feedback can give insight on why you are struggling and the means to adjust to keep moving forward.

4. Take time to self-reflect

Immediately after your coaching session or at some time during the week, think about what you discussed, shared, or received insight on. Decide how to use the conversation points to change your behavior and make personal improvements. Reflect on what you can work on alone and be realistic about which aspects you can improve by asking for more help.

5. Be ready and willing to change your behavior

After self reflection consider how you can take actionable steps to change your habits and your mindset. Work with your coach to create a step-by-step plan to build the skills and get the tools you need to improve.

6. Don't Make Excuses

Being coachable requires 100% accountability. Excuses are an attempt to pass the buck.



COACHABILITY RED FLAGS

- You talk more than you listen
- You think that you know it all and never ask for help
- You never ask for feedback from other people
- You see feedback as criticism
- You dispute/seek proof as to why the constructive feedback you receive is wrong
- You tend to reject other people's ideas
- You don't have a growth mindset
- You aren't open to change
- Your attitude is usually negative
- You constantly see yourself as the victim in situations
- You always have a defensive reaction
- You don't recognize contributors when they deserve it
- You avoid challenges



ARE YOU READY TO

- Start living your life by design.. Stop with the uncertainty, and piecemeal approach. Get visionary and focused.
- Take command of your health and wellness choices and journey
- Cultivate the identity of a person who values health, prioritizes self care and strives for personal growth
- Design a sustainable and enjoyable wellness lifestyle that sets you up for success every day

- Better manage key resources - your time, energy, attention and money – to take empowered action
- Prioritize the actions that lead to health mastery and achieving your goals
- Optimize your environment to support, not sabotage, your wellness habits
- Establish the boundaries that let you say YES to the right things
- Implement the Self Care practices that help avoid overwhelm and burnout and increase your productivity and joy
- Show up looking and feeling your best
- Cultivate a mindset that builds resilience and confidence to navigate life's ups and downs
- Build relationships that support your goals and lifestyle





Start powerful habits and routines to:

- Optimize your sleep and wake up with all day energy
- Move often and well, without pain or becoming exhausted
- Eat well for better digestion, greater energy, improved immunity
- Boost your metabolism and lose weight (and keep it off!)
- Get off unnecessary meds and save on doctors visit and bills
- Cultivate greater mental clarity and creativity
- Enjoy a positive mood and outlook on life
- Show up feeling, authentic and inspired
- Look and feel your best
- Be more creative and productive at work
- Be an inspiration to your family and friends
- Live life to your fullest potential and THRIVE

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