



integrative wellness coaching

the coaching

Mettacool's integrative wellness coaching utilizes the idea of collective well-being paired with the Integrative Health Coaching Model and a number of proven psychological techniques to help individuals set and achieve personal and professional goals and develop new, more positive behaviors.

Using Motivational Interviewing, the Transtheoretical Model, and basic mindfulness practices, Mettacool's highly-trained, board-certified coaches work one-on-one with individuals to break unhealthy, unproductive, and inefficient habits, creating new neurological pathways in the brain that emphasize healthy, productive, and efficient behavior.

the process

Our work together begins with the **Assessment Phase**, in which the client is given the Collective Well-Being Assessment, Mettacool's proprietary inventory that allows our coaches to gauge an individual's current state of well-being, as well gain insight into what an individual hopes to achieve through coaching.

After completing the assessment, the **Visioning Phase** requires the client to envision their optimal state of future well-being in each of area of Mettacool's Well-Being Wheel (see next page).

The **Focus & Goal Setting Phase** allows the client to select a focus area based on their vision for optimal well-being, working in partnership with the coach to set both long- and short-term goals that slowly sever neural ties to previous, destructive behaviors and build new, advantageous ones.

Based on proven success, Mettacool's coaching process requires a minimum time commitment of 3-6 months before an individual transitions into the **Maintenance Phase**, in which brief, semi-regular check-ins with an accountability coach are recommended to reinforce new behaviors and positive lifestyle changes.

goals & objectives

01

Empower individuals to make positive and sustainable behavior changes

02

Equip individuals with the resources needed to make positive behavior changes that will work for their unique needs

03

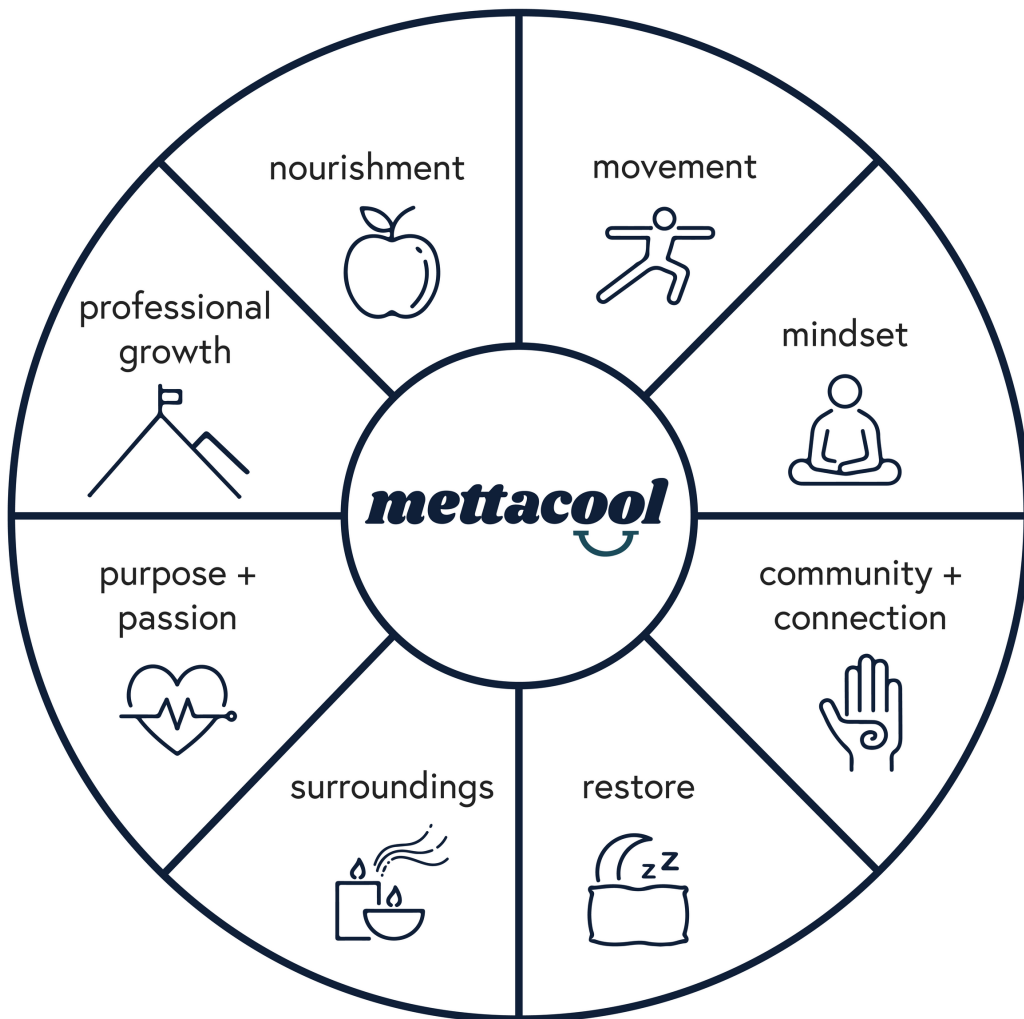
Improve individuals' overall well-being, both personally and professionally

04

Enable more women to be personally and professionally successful and fulfilled



well-being wheel



coaching topics

METTACOOOL'S INTEGRATIVE WELLNESS COACHES SPECIALIZE IN A WEALTH OF SUBJECTS, INCLUDING BUT NOT LIMITED TO THE FOLLOWING:



- **MAJOR LIFE TRANSITIONS**
- **CHRONIC STRESS**
- **COMMUNITY & CONNECTION**
- **SLEEP DISORDERS**
- **PERSONAL & PROFESSIONAL PURPOSE**
- **TIME MANAGEMENT**
- **WORK-LIFE INTEGRATION**
- **BURNOUT**