

GETTING STARTED WITH A HEALTH COACH



What is Health Coaching?

We like to think of these sessions as an extra boost for working toward your optimal physical and mental wellbeing in a respectful, non-judgmental and confidential interaction.



Know Who You Are Working With

We board-certified coaches who are here to provide guidance on evidence-based areas such as physical activity, nutrition, weight, stress, sleep, pre- and post-natal health, family health, and financial fitness.



Reflect Before and After the Call/Email Session

Consider some of the following questions prior to and after our call/email session:

- What aspect of my life am I most satisfied with right now?
- What changes in my lifestyle might I benefit from?
- What am I most ready to change/focus on at this time?



Choose a Call Time That Will Promote Presence and Engagement

Calls are available Monday-Friday 8:00am – 6:00pm CST. Please choose a time when distractions are minimal.



Ask Questions

We are here to help sort it out and determine what is in line with your goals. The scope of these topics is endless but can include diet trends, fads, apps, videos, etc.



Remember This is Your Time

The conversation can center on any area of wellness you choose! Physical activity, eating habits, stress level, and sleep are all connected. Take the conversation where you want it to go!



Goals are Experiments

At the end of the call/email session, we like to brainstorm and set goals that are in line with your vision. Many people are reluctant to set goals for various reasons. We are here to help connect the dots and create attainable goals.

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Synopsisys
designed
for wellbeing

 **MARQUEE
HEALTH**