



Compás Sláinte.
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Health & Wellness Coach.

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My Health and Wellbeing Coaching Focus. (Wheel of Life Areas)

My coaching practice focus is the components of Health and Wellbeing below.

1. **Food Choices.** (Chronic condition management and eating well).
2. **Physical Activity.** (Physical exercise goal as a part of your wellbeing).
3. **Weight Management.** (Weight Loss Goal/Weight management issue).
4. **Sleep and Stress Management.** (Sleep and Stress management goals).
5. **Physical Health Issues** (Current Health Status - Medications/Tobacco Use, any existing chronic conditions like Diabetes/Pre-Diabetes & Obesity/other health issues?)
6. **Mental Health Promotion** (Positive Psychology to increase Wellbeing).
7. **Life Balance.** (Goals for Personal development, Relationships-family and friends, Work- Life balance, Rest, Relaxation, Fun and Leisure pursuits).
8. **Life Satisfaction.** (Creating goals of purpose, meaning and personal growth for you to enjoy your best life).