



What is Health and Wellness Coaching?

Health Coaching: has a focus on helping a person in managing identified health issues, examples are (Diabetes, Obesity and High Blood Pressure) and/or to reduce a person's risk of developing such a chronic health condition. A Health Coach like myself can support a person (client) to set about making transformative healthy habit lifestyle changes. This aims to empower the client to gain greater self-management skills for existing health issues, prevent health conditions developing, achieve and enjoy greater health and wellbeing.

Wellness Coaching: has a focus on physical, and mental health, emotional and spiritual wellbeing. Wellness coaching aims to encourage, support, and empower a client to attain knowledge, confidence, and skills aligned with their values. This enables a client to create and take self-identified goal actions to achieve and enjoy greater physical, mental and emotional health wellbeing.

What is a Health and Wellness Coach? A Health and Wellness Coach is a coaching professional trained in assisting health behaviour change processes. Health and wellness coaching uses a combination of evidence based attitude and behaviour change methods and the Coaching Relationship itself as a means of supporting a client in creating and striving towards achieving their individual Wellness Vision and wellbeing goal outcomes.

Please Note: A Health and Wellness Coach practices (Coaching) for Health and Wellbeing and is **not** a counsellor or personal trainer.