



## ***Emmet Quigley, Health and Wellness Coaching Service.***

### **This is an example of my Health Coaching Sessions Package Structure:**

You (The Client) and I (The Coach) enter a coaching agreement for your health and wellness coaching package. Our weekly coaching sessions can be delivered in two ways, either through 1. (Online Coaching-Practice Better) or 2. In- Person coaching sessions, at an agreed venue.

I am happy to discuss your needs and tailor your coaching sessions as best I can. An average coaching session lasts from 30 – 55 minutes.

(Please allow at least 60 minutes for the first pre-coaching session due to assessment needs.)

(Our First **(Pre – Coaching) Assessment Session.** (60 minutes minimum time).

Upon our first (pre) coaching session conversation you and I will review and discuss the main findings of your ***(Health and Well-Being Self-Assessment)*** which I would have sent you and asked you to return to me prior to our first coaching session.

Briefly the ***Health and well-being self-assessment*** addresses the following 8 categories –

- 1. Energy.**
- 2. Sleep and Stress management.**
- 3. Life Satisfaction.**
- 4. Life Balance.**
- 5. Weight.**
- 6. Exercise/Physical Activity.**
- 7. Nutrition.**
- 8. Health Issues.**

After reviewing the ***(Health and Well-Being Self-Assessment)*** we will –

- Assess your Readiness for Change Action in your health and lifestyle behaviour.
- Identify your Motivation, personal, strengths, family and social resources available.
- Create your Wellness Vision and (SMART – Goals Plan).
- Create Your Goal Strategies to use as you strive towards attaining your health goals.

The follow up coaching sessions allow us to discuss successes and challenges which may arise and explore ways to effectively adapt to any presenting challenges. The focus will be to enable you to continue enjoying the positives of your health and lifestyle habit change actions.

**Warm wishes,**

**Emmet Quigley.**

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