



## ***Emmet Quigley; Health and Wellness Coaching Service. (Compás Sláinte)***

### **An Example of Your Health Coaching Program Structure:**

You (The Client) and I (The Coach) enter a Coaching Agreement for your Coaching Program. Our Coaching Sessions will be delivered through (Online Coaching-Practice Better) and/or (In-Person) Coaching Sessions, at an agreed Schedule and Venue.

**An Average Coaching Session lasts from 30 – 45 minutes.** (Please allow at least 60 minutes) for Your **First Pre-Coaching Session** around Your (**Well-Being Self-Assessment Review**).

During our First (Pre-Coaching) Session, You and I will review and discuss the main findings of your (**Health and Well-Being Self-Assessment**) which I would have sent and asked you to return to me prior to our first coaching session.

Briefly the **Health and Well-being Self-Assessment** addresses the following Categories –

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

After reviewing Your (**Health and Well-Being Self-Assessment**) You and I will Explore Your-

- **Readiness for Change Action** in your Health and Lifestyle Behaviour.
- **Motivation & Resources** (Personal Strengths, Family/Friends & Other.
- **Wellness Vision and (SMART – Goal Plan).**
- **Goal Action Strategies**; which you will put to use, as you strive towards attaining your Health and Well-Being Goal Outcomes from Your Coaching Program.

(Your Follow Up Coaching Sessions) allow us to review successes and challenges which may arise and create Solutions to effectively deal with any presenting challenges. The Coaching Sessions enable you to build upon Your Positive Health & Well-Being Goal Action Outcomes.

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HEALTH & WELLNESS COACH

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