



My Health and Wellbeing Coaching Focus.

Holistic Components of Health & Wellbeing – Wheel of Life Areas

My coaching focus is on the components of Health and Wellbeing. See examples below.

1. **Food Choices.** (Healthy Food Choices & chronic disease self-management).
2. **Physical Activity.** (Physical Activity Goals for your Health & Wellbeing).
3. **Weight Management.** (Weight Loss Goal/Weight Management Goals).
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** (Mental Health Goals for greater Mental Health and 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 living your best life now and in the future).

My E-mail link is below. Contact me should you wish to discuss anything.

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Visit <http://www.emmetquigleyhealthcoaching.ie/> to learn more.

Emmet Quigley. (HWC & (RPN)