



Emmet Quigley. *Compás Sláinte* - Health and Wellness Coaching Service.

What is Health and Wellness Coaching?

Health and Wellness Coaching; supports a Person to draw upon their own Motivation and Resources to go about creating Healthy Habit and Lifestyle Behaviour Change aimed at achieving greater Health, Well-Being and Life Satisfaction.

This Change Process is achieved through creating a **Coaching Partnership, Wellness Vision, Goal Plan,** and identifying **Goal Strategies/Actions** to achieve and sustain the persons desired **Goal Outcomes.** Health Coaching enables a Person to maximise their potential towards achieving greater Physical, Mental and Emotional Health, Well-being and Life Satisfaction.

Health Coaching Supports; a Person to Discover, Clarify and Create Health and Well-Being Goals in the areas of **Physical Activity, Food Choices, Weight, Sleep, and Stress Management,** increased **Energy, Life Balance and Life Satisfaction.**

How can Health and Wellness Coaching help You ?

Lifestyle related Chronic Diseases like Heart Disease/Cancer/Obesity/Diabetes and (Pre-Diabetes along with the harmful effects of Chronic Stress, Inflammation responses and decreased Metabolic Health are reaching epidemic levels globally.

A Health Coach can help you to make and take Health and Lifestyle Habit Change to prevent the development of Chronic Health Diseases like- (Obesity/Diabetes and Heart Disease. If you are living with such a Chronic Health Condition a Health Coach can help you to build upon your existing Self-Management Skills and have improved Health and Well-Being outcomes.

Traditional methods of simply providing a Person with Health Promoting and Disease Prevention Information is often not effective enough. Many people require and often wish for someone to work with and help them find their own understanding, motivation and personal resources to make and take desired Health Behaviour Change in their lives.

Coaching with me can benefit a Person seeking to take Intentional Healthy Habit and Lifestyle Change Action. My Health and Wellness Coaching strives to promote Evidence Based Healthy Lifestyle Habits for increased Physical, Mental, Emotional Health and Well-Being to Enjoy.

Emmet Quigley
HEALTH & WELLNESS COACH

www.emmetquigleyhealthcoaching.ie