

Health & Wellness Coaching

or life coaching involves setting goals, action steps to meet them, and uncovering any challenges that arise. I will be helping you come up with your own answers, while offering my skill set in understanding the nervous system and the mind-body.

Traditional coaching is typically conversational but does include some learning of skills and techniques, mental rehearsals or meditations that will be appropriate to your needs.

We begin with a session of goal setting, discovering your motivation to reach your goal and learning a bit about your nervous system and how we can use this to your advantage to create lasting habit change.

Coaching requires some consistency in meeting to keep you on track and accountable for any outside work you are doing. Developing a new habit, releasing old beliefs/patterns takes time and cannot be achieved in one session. Packages are available to keep you motivated to reach your goal.

Reasons people use a coach

- Creating a healthy nervous system
- Stress management
- Lifestyle changes
- Personal growth
- Diet and exercise
- Sleep issues

Benefits of using a coach:

- You are not getting the results you want on your own
- You don't know where to start
- You need more structure/advice for your wellness routine
- You need some accountability and motivation
- You want to learn how to take care of yourself
- You want lasting changes

Coaching is not therapy and we do not engage in psychological work. If we touch on an area that needs a trained mental health counselor, I will be happy to refer you to one of my wonderful colleagues. Coaching can be used in tandem with your mental health counseling. Often when we work on one area of our lives, we discover we want to make healthy changes in another.

My expertise is working with your nervous system (where your physical, mental and emotional parts are all intertwined) but the work is based in the body. Combining this with talk therapy can give you a well-rounded approach to health and wellbeing. Still have questions, reach out for a conversation to see if coaching is for you!



Check out
Wellness Plan
Somatic Therapy
Nervous System Reboot