



*coaching you to be well*

## What is Wellness Coaching?

### **well.ness** (wel'nes)

Optimal physical and mental health

### **coach** (kohch)

Your partner in reaching peak wellness

### **What does peak wellness look like for you?**

- Fit and strong
- At your ideal weight
- Healthy eating
- High energy
- Robust health
- Calm and balanced under stress
- Positive and optimistic state of mind
- Fully engaged and satisfied with life

### **What's the difference between wellness coaching and personal training?**

- Personal training is exercise for your body
- Coaching is exercise for your brain

Professional coaches have long been recognized for their skills in helping athletes and executives perform at their best. Now professional wellness coaches are helping people reach their best health and well-being.

Wellness coaches are trained to help clients develop and implement personal wellness plans by:

- accepting and meeting us where we are today
- asking us to take charge
- guiding us in doing the mindful thinking and doing work that builds confidence
- helping us define a higher purpose for wellness and uncover our natural impulse to be well
- helping us tap into our innate fighting spirit
- addressing mental and physical health together
- helping us draw a personal wellness blueprint
- helping us set realistic goals; small victories lay the foundation for self-efficacy
- harnessing the strengths we need to overcome our obstacles
- helping us view obstacles as opportunities to learn and grow
- helping us build a support team
- inspiring and challenging us to go beyond what we would do alone

Wellness coaches are practitioners and life-long students of a vibrant new field: coaching psychology, which integrates more than fifteen other fields. Coaching psychology, in part, is the relational vehicle for implementing the tenets of positive psychology, a field focused on the scientific study of happiness and well-being.