

## Health & Wellness Coaching

Sarah Conrad, National Board Certified Health & Wellness Coach

### Growth Possibilities

- Decreased Stress
- Improved Quality of Sleep
- Decreased BP, BMI, cholesterol & weight loss
- Decreased medications
- Increased energy, purpose, & mental vigor



Sarah Conrad, NBC-HWC (pictured right)

### Learn to Live Healthier...

Let us help you change your life!

### Contact us today:

260-724-2145 x11036

For Your Consultation

### Change...

One of the hardest things to do in the world is to make a change. Health coaching includes the best known methodologies that highlight a client's internal strengths, positive attributes and external environments to allow for the change process to occur.

### What does a Health Coach do...

- Helps people live in conscious ways that enhance health & wellness.
- Allows clients to surpass the "mental block" of making a change.
- Allows clients to focus on solutions, rather than barriers. Cultivate happy, healthy, productive employees.
- Embraces challenges as learning and growth opportunities, not failures.
- Inspires personal growth through hope, empowerment, happiness and confidence.
- Facilitates behavior change that is centered on one's values.

### What is a Health Coach...

A National Board Certified Health and Wellness Coach (NBC-HWC) is a healthcare professional that is highly trained in behavioral change theories, motivational strategies and communication techniques. These techniques are used to assist employees in developing intrinsic motivation and the skills needed to create lasting change for improved health and well-being.

### Why it Works...

The difference between wellness programs that work and those that do not work is engagement. Health and Wellness Coaching elicits autonomous motivation to change and engage in new healthy behaviors.

### How it Works...

Health coaching sessions are client centered and place the client in the driver's seat. The client determines what they want more or less of in their life and the coach works to uncover the forces behind the desires to change. Through a carefully crafted vision and many experiments, a beautiful growth takes place within the client.