

VIP Individual Coaching Package

This coaching package is for the person who is ready to move forward in life with more clarity and self-worth, while simultaneously meeting their wellness goals. Our clients know it is time to successfully build strong health habits to elevate themselves in the direction they desire. One-on-one coaching packages are ideal to gain insight on your current habits and make a personalized action plan for where you want to go.

Coaching Package Information:

The package includes a 12 or 24 week set of sequential, one-on-one coaching sessions via telephone/Skype or face-to-face, per the client's preference. The coaching package includes a 60-minute individual session per week with email support between sessions. The first session will include a discussion of your specific health and lifestyle goals and an assessment of your health and medical history as needed. This information will be used to identify your individual coaching needs.

Your VIP Coaching Package Includes:

- Personalized goal setting and with a focus on positive behavioral changes
- Objective goals assessment with a personal health action plan
- Weekly appointments with email check-ins between sessions
- Specialized approach to reaching client's goals through intrinsic coaching methods
- Wellness information on topics of nutrition, self-care, wellness and motivation that support your health goals
- Personalized reports reviewing personality and life values assessments
- Free electronic newsletter with healthy lifestyle tips
- Assistance connecting with local health resources pertaining specifically to client's needs
- Customized support and accountability with acceptance of challenges and guidance in overcoming them
- Self-care and stress reduction support
- Nutrition education alongside recipes and meal planning tips
- Physical activity and fitness education
- Kitchen cupboard makeover list and grocery shopping tour

Our VIP Coaching clients learn to:

- How to achieve and maintain a healthy weight and healthy body
- Challenge and overcome obstacles and limitations by reducing obstacles and habits that are not helpful
- Meet and maintain their life goals in a integrated way
- Incorporate healthy foods, self care techniques and stress management tools
- Improve your personal relationships and interpersonal communication
- Discover the confidence listen to your body and to create the life you want

Person Centered Approach

This is a completely guilt free approach to health and wellness. You can expect your coach to be non-judgmental, encouraging, honest, and reliable. Our company is deeply invested in our coach/client relationships. We look forward to getting to know you and supporting you on your journey toward living a healthy and fulfilling life. **Remember, this is an investment in you!**

The topics we'll cover together may include, but are not limited to:

Health History, Personality and Life Values Assessments, Goal Setting and Health Action Plan, Health Risks and Personal Biometric Information, Nutrition and Healthy Eating, Exercise, Objective Self-Review, Time Management, Stress Management, Social Support, Staying Motivated, and Positive Mindset.

This workshop does not provide clients with a required diet, supplement, or exercise plan. We do not offer medical advice. Clients are encouraged to contact a physician for personal medical questions.