

What Challenges Are You Facing?



Wellness coaching encompasses a broad spectrum of goals:

- Stress reduction
- Time management
- Finding a new activity or sport
- Increasing energy levels
- Weight loss
- Establishing healthy nutrition habits
- Sticking to a fitness plan
- Making healthier lifestyle choices



Please visit us online at:

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Bring Your Health to Life

Wellness Coaching



"You are never given a dream without also being given the power to make it true."

-Richard Bach

What is Wellness Coaching?

Empowering clients to make sustainable lifestyle changes through:

Collaborating

Working together to develop and implement wellness plans

Strategizing

Devising a route to accomplish intended plans and overcome barriers

Goal-Setting

Helping clients find realistic timelines to follow through with wellness objectives

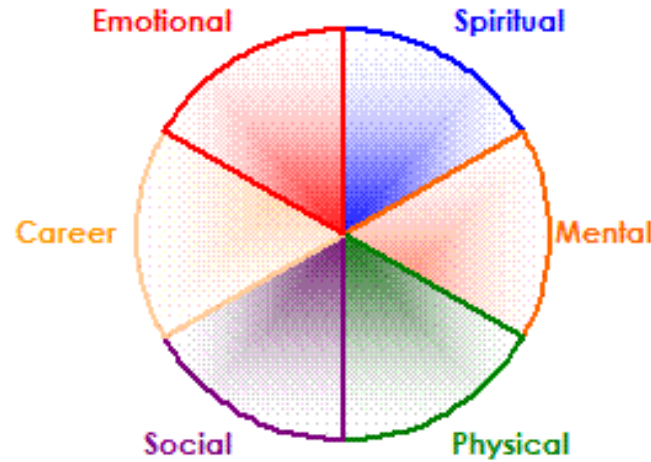
Challenging

Inciting change through encouragement and support

Educating

Providing guidance and appropriate resources to assist clients through the process of change

Wheel of Life



How Will Coaching Help Me?

Coaching will help you identify what wellness means to you, help you develop short and long-term goals, and implement a plan of action to achieve those goals. Coaching can also help you learn tools of success for accomplishing future goals.



How Many Sessions Will I Need?

The amount of sessions will be determined by the coach and the client based on the needs of the client. Clients can either choose to meet with their coach on a session-to-session basis or by committing to increments of four sessions.

Single Session: \$35 each
Packages of Four: \$30 each*

**Packages must be pre-paid*

