



THE **DO'S** AND **DON'TS** OF HEALTH COACHING...

DO

Do give yourself the permission and time during your work day for these free 30-minute health coaching sessions to help improve your quality of life at work and at home!

DON'T

Don't expect perfection! We all face challenges and life can interfere with our action plans. That's ok! Your health coach will help you realign and steer you back in the right direction.

DO

Do be open and honest with your health coach. We want to know if the steps set in place are too small or too big. Open communication will give you the best results in your wellness journey.

DON'T

Don't think anything is impossible! We focus on small, practical steps to help you achieve your goals. With the right knowledge, a plan, and a health coach to keep you accountable and cheer you on, anything is possible!

DO

Do avoid distractions. Make your health coaching sessions a quiet, comfortable space where you can speak freely without concern for other responsibilities. Make this time for you.

DON'T

Don't hesitate to book your free health coaching session. We understand that life is busy, but starting the process now helps get you moving in the right direction towards a healthier you!

DO

Do ask your health coach questions. The more we know about you and what you are working towards, the better we can support you and help you achieve your goals!



**SCHEDULE A MEETING WITH
YOUR HEALTH COACH TODAY!**

BOOK NOW!