

Health Coaching

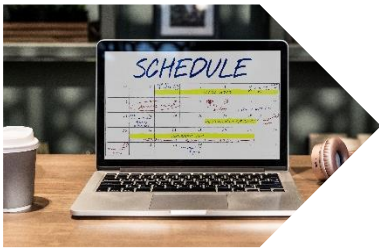
HELPING YOU ACHIEVE YOUR WELLNESS GOALS

Did you know that health coaching is offered right at your fingertips? Your company may offer onsite or virtual one-on-one health coaching that's available to you during your working hours. Here are some common questions about health coaching...



IS HEALTH COACHING MANDATORY?

Absolutely not, but we would love it if you tried it! We personalize each session to meet the needs of our clients, so the experience is all about you and what you want to achieve. Try it out to see how our health coaches can help you!



HOW FREQUENT ARE THE SESSIONS?

Generally speaking, health coach sessions are scheduled every 4-6 weeks depending on the need of the individual. This provides you with a reasonable amount of time to work on your goals based on the plan outlined by your health coach.



WHAT IF I DON'T HAVE ANYTHING NEW TO TALK ABOUT?

While many feel that they need to come "prepared" to a health coaching session, this isn't necessarily the case. Often, sessions can act as an accountability tool, or a check-in to gauge how the past month has gone. Use this time to update, remotivate, or restructure your wellness goals with your health coach. Remember, our health coaches are here to help and part of that is guiding you on your wellness journey!

DON'T WAIT! SCHEDULE A MEETING WITH YOUR HEALTH COACH TODAY!

[Book Now!](#)



Laura
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