

What is a health coach?

There are so many dimensions to our health and what makes us alive in our life. A health coach is your personal health cheerleader, guide, and advocate for your best thinking about what is important to you and your health right now and for the future. We can help you to get clarity about lifestyle changes to support your health and help you move past barriers to set and reach your health goals.

Health coaching sessions

Session 1: 45 minutes – see what it's all about. In this session we'll talk about health coaching and explore areas of your health that you might want supported by the health coach. At the end of this session, you'll have a good feel for what health coaching is about and maybe have some ideas about how a health coach can support you.

Sessions 2-6: If you'd like to continue this journey, then we ask that you commit to five more sessions, each session 30 minutes in length. We can meet weekly or every other week, depending on what works best for you.