

What is a Health Coach

- Health Coaches are wellness professionals trained to partner with clients who are seeking to improve their health and wellness.
- A Health Coach will cut through the confusing clutter of contradictory information and the 'one size fits all' mentality. This will help you create your own 'Personal Lifestyle Prescription' that would be exactly suited to your needs.
- Health Coaches support, educate & motivate you to find simple ways to better health, break through resistance, create healthier habits and overcome self-sabotage.

“When you change a habit you change a life” Grechen Rubin

- As professional Health Coaches we use modern Behavioural Science techniques and NLP language (Neuro Linguistic Programming) to help create the often transformative results.
- Health Coaching is a powerfully transformative modality that supports you as you take back control of your own health.
- Whether you are battling with a major health issue, lots of smaller issues or simply have a few pounds to lose, a Health Coach will see you as a whole person and work with you to create a prioritized, step-by-step approach to helping you become an expert in your own health.
- Each Health Coach is different and brings different skills and experience to their Practice, they have often been brought to this work through their own health journeys, which gives them a high level of empathy and understanding for you and your situation.

Point to Remember when choosing a Health Coach

Health Coaching, like many holistic treatments, are self regulating. To ensure your Health Coach has had the correct training and works within the correct ethics and regulations, check they are Certified with an accredited school, for example, 'The Institute of Integrative Nutrition' or 'The Health Coach Institute' and that they are members of 'The Health Coach Association UK'.

To your health

Andrea

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