

Welcome to Whole Life Wellness and thank you for your interest in our services! You have probably heard of career coaching or life coaching, but it is likely wellness coaching is new to you. With that in mind, please let me share the value wellness coaching offers.

The goal of wellness coaching is for you to find and live your best life. For most people, it involves improvements to their lifestyle, or aspects of the way they are living their lives. As unique individuals, this looks different for everyone. This presents a challenge when you attempt it alone. This is where a coach can make a big difference.

As your Wellness Coach, I am here to serve as your ally on your path. I do not have a list of cookie-cutter health plans for you to choose from. You oversee your own path and the direction of our work together. We will create your plan together, based on your personal needs. I will guide and support you to overcome your personal barriers, so you can make the life improvements you seek.

I will work with you to find clarity about your current health and wellness, utilizing coaching tools and honest conversations. If you have lifestyle improvement suggestions from treatment professionals, we will incorporate those recommendations into our work. We will explore together, then work together to form clear picture of the life you want to live. Based on your starting point, and using view of your best life, we will develop a manageable plan to get you there.

Working together as allies, my role will be to help you be accountable to yourself. I will help you set goals and action steps and work through any challenges along the way. Together, we will anticipate barriers that make it difficult to live your best life and strategize ways to keep on track. I will help you develop the needed support that will make the lifestyle changes stick. As with any endeavor, adjustments may be needed along the way. We will evaluate progress frequently to determine when to shift course. I will be beside you every step of the way! My goal is to assist you to become your best self, finding a healthy lifestyle that is sustainable for you.

Ultimately, the value of coaching is in the partnership. I bring the value of an ally. I bring the value of professional coaching with an understanding of achievable lifestyle improvement.

I look forward to working with you!

Kate Hanson

Whole Life Wellness