



Vital Lifestyle Coaching

What is Wellness Coaching?

Wellbeing implies a sense of thriving, flourishing, being fully alive, 'firing on all cylinders' and living life to the full, as well as feeling balanced and calm, contented and at ease with life.

Wellbeing is affected by many elements in our lives and varies from person to person because each of us has a different combination of psychological, emotional, social and physical inner resources upon which we draw. Our wellbeing fluctuates depending on the events, challenges and experiences we encounter in our lives

A coach recognises you as the expert in your own life. They help facilitate a conversation that allows you to come up with your answers, strategies and tools for change.

Coaching helps you to draw out your inner wisdom, deepest desires, values and dreams – then use a step-by-step process to realise them, while outgrowing the challenges and obstacles that come up along the way.

In simple terms, coaches have the tool box that help you change when change is hard.

Coaching- Is it for me?

Are you tired of:

- Feeling sluggish and not performing?
- Feeling stuck or overwhelmed?
- Unable to maintain boundaries and manage self care?
- No structure or support?
- Not knowing where to start?

You need:

- A partner and facilitator?
- To elicit your own agenda?
- To foster what is possible?
- To generate a mindset shift?
- To create sustainable change
- To be your vital best?

You are ready:

- To commit the time, energy and effort to achieve the best version of you.
- Accept uncomfortable thoughts and feelings associated with change
- To swap self sabotage for belief
- And willing to brainstorm solutions and try something different
- To be your vital best

Coaching FAQ

Can you prescribe... a diet or give medical advice?

As your coach I will collaborate but not direct. I recognise you as the expert in your own life. I will facilitate a conversation that allows you to come up with your answers, strategies and tools for change.

Together we will draw out your inner wisdom, deepest desires, values and dreams – then use a step-by-step process to realise them, while outgrowing the challenges and obstacles that come up along the way.

Together we can brainstorm options that work best for you. We can collaborate on what you need to do more of, less of, or what you need to do completely different, so that you move closer to a vital lifestyle. You get to live life on your terms!

As your health and performance coach I will never replace your doctor or specialist. They are best for diagnosing. My place is to work in conjunction with your primary health practitioner, helping you to implement healthy habits that improve your overall health, wellbeing and experience of life.

What program is best for me?

Emotional Agility- *A 12 week program that helps busy and stressed professionals to better manage thoughts and emotions and develop a mindset for success. You will learn simple and practical tools so you can feel better, achieve more and live a life that aligns with your values.*

Being Vital- *A 12 week program unpacking the power of habits and how best to maintain self care behaviour for the long term. You will build motivation and momentum with simple and effective strategies for change. A vital lifestyle for life!*

Sustained Performance- *A 12 week program that discovers your personal pillars of wellbeing. You will learn how to build resilience and boost vitality when faced with work and life challenges. Avoid burnout- sustain performance!*

How long do I need?

Everyone's health and wellbeing journey is unique. We are all faced with varying challenges (physical, mental and emotional) and have varying resources to meet those challenges. Our change process involves implementing healthy habits you can live with for the long term. Together we will achieve this by developing and implementing strategies and tools for change. Some people say you can create a habit in as little as 21 days. Research from the University of London would suggest complex behaviours require much longer. On average it took 66 days until a habit was formed. As you might imagine there was considerable variation in how long habits took to form depending on what people tried to do. More complex habits took the better part of a year (254 days). Vital Lifestyle program run for a minimum of 12 weeks as this time is more realistic time frame for experiencing benefits.

