



Congratulations on taking the next step in your Health and Wellness journey! As we get started it's completely natural to wonder what does Health & Wellness Coaching entail and that's exactly the intention of this document. From time to time the contents may be updated to reflect more commonly asked questions so please check back periodically.

### What is Health & Wellness coaching anyway?

While there are a lot of definitions available, for our purposes we're going to define our time together as a collaborative engagement with the intended purpose of defining and developing Health & Wellness goals into a vision that you can realistically incorporate into your living. And by "your living", we mean the whole of you – not focusing on just one aspect of your being. The journey you're about to embark on will have a lasting and lifelong impact, so your whole life will be considered.

Please note that while our Coaching considers all aspect of your living, the scope of our work resides solely in coaching towards Health and Wellness visions. We work alongside other professionals, including but not limited to: primary care physicians, therapists, nutritionists, physical trainers, in an effort to ensure you are receiving well-rounded support towards your goals. We will happily engage with your existing support network and/or provide recommendations upon written request.

### Will I have to change everything?

What you choose to change is just that – it's what you choose. You are the driver of what goals we work towards and how. The role of the Coach is to be a collaborative partner that keeps the end goal in mind and is there to keep positive, forward momentum – even in the times when progress feels stalled. Also, the Coach is not running a boot camp which means there will be times when rest is prioritized ahead of achieving set goals if it serves the larger vision but you, the client, will always have final say.

### What can I expect?

Leveraging the 5-E model developed by the Mayo Clinic, the coaching process is as follows:

- **ENGAGE:** the point in the Coaching Model where we get to know more about each other and what aspects Health & Wellness are important to you. This typically happens during the initial consultation session but as goals evolve, we will re-engage as necessary.
- **EXPLORE:** in this part of the Coaching Model, we begin to explore more about what intrinsically and extrinsically motivates you. We'll explore strengths and value as well as past successes as groundwork for envisioning what's next.

- **ENVISION:** here we begin to imagine Health & Wellness not as a goal but integrated into daily living. We're moving from talking about balanced living to what it means to live it.
- **EXPERIENMENT:** perhaps the most engaging part of the cycle, here we take the findings from the previous stages, and start playing with techniques that work and refine those that don't.
- **EVOLVE:** in the evolution stage of the Coaching Model, we are living with our Health & Wellness vision which most likely would have changed – or evolved – since first beginning to explore. And that's great news because this coaching isn't just to get you to one set goal, our coaching process is intent on you building up your own process to work through all types of changes. We're building up resiliency!

### How much additional time and energy will Coaching require?

There is no set schedule for defining, developing, and living your Health & Wellness Vision – it is entirely dependent on you. If you're really enjoying the time exploring, you may want to stay in that stage for a while or you might be more a “show me” experimental type person. Know that we can always go back or move forward as long as our coaching is making forward progress and maintains momentum. At any point the process has stalls, we will collectively discuss next steps to ensure that you get the support you need to achieve your goals.

### How do I get started?

We start with an initial Consultation Session to get to know each other and to answer any deeper questions you might have about the process. *The only ask is that when you schedule your consult you come with an open and curious mind.* That will ensure that we grow into (vs out of) all possibilities for you, the Coaching Process, and bringing life to your vision. Even if you have doubts, that's ok – just as long as you remain excited about the possibility of change.

You can schedule your free consult [here](#) \*

We are excited to get to know you and to be a part of your journey!

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\*Booking link: <https://processevolved.com/services/ola/services/health-wellness-coaching-consultation>