



WELCOME TO NURSE COACHING

Welcome to Pathways with Peggy! I am beyond excited to partner with you to elevate your health and well-being. I am grateful for the opportunity to collaborate so you can feel and live better.

While your physical health is indeed important, coaching is about so much more than that. In our sessions, we will address your health as a whole person: your mind, body, spirit, emotions, environment, values, and purpose.

Throughout the Nurse Coaching process, we will collaborate to improve your health and elevate the quality of your performance and life.

We will explore what is truly important to you, create goals that inspire you, break down resistance to change, and commit to action that will propel you forward.

My role is to help you see what you cannot see on your own; to elicit focus, clarity, and a new perspective so that you can reach an optimal state of health.

We'll take an honest look at where you are right now, where you want to go, and create a plan for how to get you there.

Please download our Nurse Coaching Agreement and HIPAA disclosure. Please sign where indicated (or have your legal guardian sign if you are under 18) and return this document to me prior to our first session!

Once this is taken care of, we can focus on our work together and I can serve you to become your happiest, healthiest, and most fulfilled self.

To Your Health!