

The Role of a Health Coach

WITH HEALTH COACH OLIVIA KNIGHT



In today's fast-paced world, we have many commitments on our time; work pressures, travel, trying to spend valuable time with our family and friends and the inevitable "life admin"... food shopping, laundry, bills, deadlines, etc.

If we're very lucky, we have time for ourselves and doing things we enjoy, things that bring joy to our soul but all these stressors on our body and time can take their toll eventually.

We feel run down, lack our usual enthusiasm and drive, feel pressured and run ragged. Often, it's not one single event that brings our health into focus, but a series of daily challenges that wear us down.

Health coaching can help

This is where health coaching comes in. As a Health Coach, my role is an educator, a motivator, someone to whom you have accountability and crucially, someone who will support you to put yourself and your health first.

My work brings into focus the basics of life to allow you to strive for better health. I base my philosophy around key areas of health and the remarkable impact they can bring to health and wellbeing, when used together with behavioural change and the formation of healthy habits.

I take a holistic approach, treating you as the expert on yourself, trusting you know what your body needs. You just need someone asking the right questions and supporting you the way you need along this exciting journey, to allow your health and vitality to shine.

What does a Health Coach actually do?

- ✓ Creates tailor made wellbeing plans
- ✓ Provides personalised nutrition and hydration advice, tailored to your weight management needs
- ✓ Gives consideration for mental and physical health

- ✓ Helps in achieving good sleep routines
- ✓ Supports with stress management and promotion of relaxation techniques
- ✓ Encourages moving naturally, incorporating healthy exercise into daily lifestyle
- ✓ Provides guidance for forming sustainable lifestyle change and realistic habits

The NHS as it stands is overwhelmed by waiting lists, full of 7.7 million people. Many of these individuals are struggling with pain and chronic diseases, some of which may have been helped or prevented with lifestyle changes.

The main aim of Health Coaches like myself, our *ikigai*, our *raison d'etre* is preventing you becoming one of these people. As a Health Coach, this evolution is my mission!

My experience

Working in various Healthcare fields over the past two decades has given me a wealth of experience and knowledge that led me to this role. I re-trained as a Nutritionist and Health Coach after an injury led me away from front line ambulance service – a job that I loved.

However, I am now able to put my knowledge of the human body and its inner workings to good use. I draw upon my patient assessment skills all the time and my love of good conversation gets a great workout with the wide range of individuals I work with on a daily basis.

Get in touch

If you would like some help and support to achieve a healthier lifestyle, please give me a call on: 07541 222177.

Olivia



www.knightvitality.com 07541 222177