

Health & Wellness Coaching

Core Concepts

Partnering For Change

I work with you to make positive, lasting changes in your life that match your values and boost your health and well-being.



I Believe in You

I always show you unconditional positive regard and believe in your ability to make a change. I respect your expertise in your own life.

Lifestyle Changes

We work together to activate your internal strengths and external resources and support for sustainable and healthy lifestyle changes.



Your goals, Your Way

You decide your goals, and we explore together through self-discovery and learning. You also keep track of your progress.



Continuous Support

No matter your goal, I'm here to support you until you achieve what you're aiming for. I'm certified and well-trained to walk with you on your journey.



Empowering Your Journey

Together, we use evidence-based, client-centered processes to help you develop and reach your health and wellness goals.



Tapping Into Your Strengths

I help you use your own insights, strengths, and resources to set goals and build a healthy lifestyle. You are empowered through encouragement and exploration.



Accountability Partner

I'm here as your accountability partner, not to tell you what to do. We navigate changes together, exploring opportunities for growth and development.



Healthcare Team Partner

Your goals align with your vision for health, informed by any plans from your healthcare team. I may share helpful resources when needed.



Limits to Coaching

I don't diagnose or prescribe or provide medical advice. When working with other healthcare professionals, I can support their plans but not replace their services.

