



**Whole Health Coaching
is ...**





Coach Gayle celebrates accomplishments with WhyPowered clients

Empowering

It helps you learn to trust yourself and your body. You shift your everyday habits to get healthier and get to your happy weight

- **Weekly conversation, goal setting and support from your certified whole health coach**
- **Practical tools for shifting habits**
- **Inspiration and ah-ha's!**

Coaching Is Lasting Change

It helps you find what works for you,
with Coach Gayle as your guide.

Together, you discover what helps *you*.
Setting SMART goals that help you get to
a healthier place, step-by-step as your
habits re-orient to a healthier setting.

*Extreme changes rarely stick; coaching helps you shift gradually
and re-orient your health compass*





The focus is simple: Whole Health

- You learn to make healthier food choices
- You find ways to move more in your everyday life
- You become a proactive manager of stressors
- You tame emotional eating behaviors
- You reach a place of greater balance and take charge of your well-being
- Most shed 1-2 lbs per week and sustain the habits for the long-term

Your why
becomes your
rocket fuel. 

Find Your Why; Find Your Way

- Instead of relying on willpower to make changes, we help you find your Why
- We call it WhyPower® and it's motivation mojo for your change journey
- When you know your Why, the How becomes easier. Healthier choices such as a side salad vs. fries or a morning walk vs. hitting the snooze alarm become your new default
- Your WhyPower helps you transform into a healthier you for a lifetime.

Diets Have
a
95%
Failure
Rate

Whole Health Coaching is *Not*

- Extreme, negative or shaming
- Quick-fix weight loss
- Cookie-cutter, prescriptive
- Deprivation, calorie counting, points, weighing or measuring food



*30 days of 1:1 coaching launches you
then group coaching or continued 1:1
coaching keeps you going*

WhyPowered Coaching in 3 Easy Steps

Step 1

You begin by completing our simple online, confidential wellness questionnaire to help us understand your concerns, health history, strengths and unique challenges.

You then start with a personalized, virtual hour-long kick-off session with Coach Gayle where you'll receive your guidebook: ***Your Happy Weight; How to Get There & Stay There***. Together you develop a vision for your journey and set realistic goals that fit your lifestyle. You also begin to explore finding your WhyPower.



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Why Powered Coaching in 3 Steps

Step 2

Your transformation journey progresses with weekly 30-minute virtual coaching sessions with Coach Gayle, text support and lots of practical tools and hacks for shifting your mindset and habits to support a healthier you. Realistic goals, accountability and encouragement help you every step of the way.

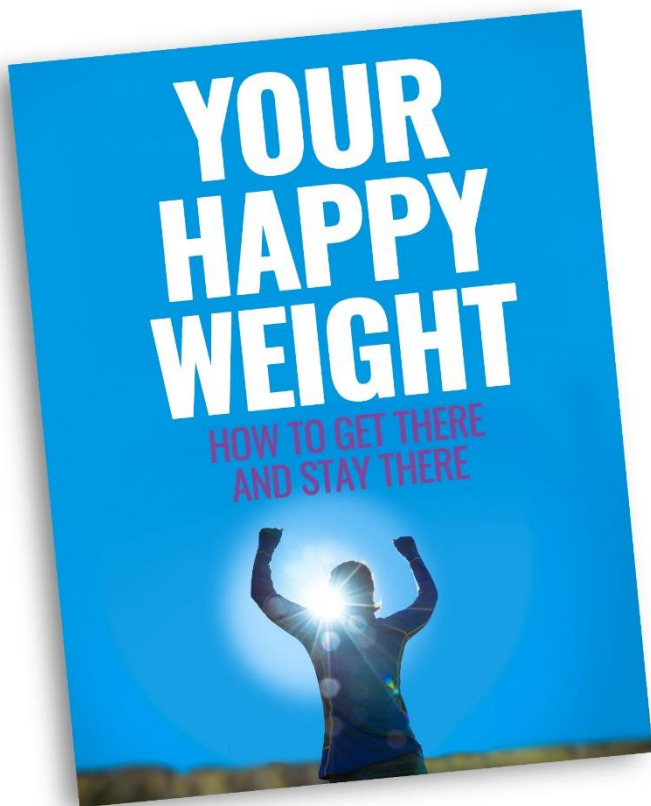


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WhyPowered Coaching in 3 Steps

Step 3

Once your initial 30 days of private coaching with Coach Gayle is complete, you can transition to virtual group coaching and be supported by Coach Gayle along with other determined women also working on their wellness and weight loss. Alternatively, you can continue with private coaching or select a combination platform to ensure your ongoing progress and success.



A Home Guide to Lasting Weight Loss and Wellness

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Your program includes our proprietary 50-page guidebook packed full of inspiration and resources to fuel your journey to greater balance and wellness



All groups, content and materials are developed and personally facilitated by ...

Coach Gayle Wilson Rose



Whole Health Coach

Behavior Change & Weight
Management Specialist

Personal Fitness Trainer

Note: Coach Gayle proudly does not represent any products or accept paid endorsements of any kind. All materials are the property of Health Coach Gayle, LLC. ©2021

Do
something
TODAY
that your
future
SELF WILL
THANK YOU
for 

**Got questions or ready
to take the next step?**

**Call or text to arrange your no-obligation,
no-pressure, free discovery call or zoom conversation**

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