



Supporting women working within and working out
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Are You Coachable?

Coaching is a process that focuses on the future and the unlimited possibilities open to you based on your core values, strengths, dreams, and sources of personal inspiration. It enables clients to achieve their full potential.

Health and lifestyle coaching facilitates the exploration of needs, desires, motivation, behaviors, skills, and thought processes to help individuals make lasting change for a better physical, mental, and spiritual outlook.

Coaches use questioning and intuitive techniques, support appropriate goal setting, provide accountability and follow up, act as a "sounding board," encourage commitment to action, provide tools and strategies, and maintain 100% positive regard and non-judgmental support of their clients.

Whether or not you are appropriate for coaching depends on your present state of mind and whether or not you are ready to take action now to improve your health and lifestyle choices. If you feel you are in control over the degree of readiness you'll need to reap the benefits of the coaching process, ask yourself these important questions:

- 1) Do you have at least one lifestyle goal that would be best accomplished through coaching?
- 2) How committed are you to achieving your goal(s)?
- 3) How open are you to accepting new ideas, perspectives, or methodologies?
- 4) Are you willing to invest financially in yourself?
- 5) Are you willing to take action(s) you and your coach discover are vital to achieving your goals?

Lifestyle, wellness, and health coaching encompass a wide spectrum of focus ranging from exercise adherence, diet, weight loss, weight management, stress reduction, hydration, self esteem, body image, self care, medical health management, work, play, functionality, and spirit.

