



## What is a Holistic Health & Nutrition Coach?

According to WHO, Health is a state of complete physical, mental and social well-being, not just the absence of disease. Most people know how to improve their wellness but need help figuring out how to go about it or keep it up sustainability. Lifestyle changes can be difficult, and health choices can be confusing. Health is not a destination; it is a journey where you take small realistic steps. A Health Coach is a mentor who helps clients reach their wellness goals. This is done by personalized encouragement and exploration. A Health Coach supports clients in finding foods and lifestyle practices that work best for them.

Health Coaching is a client-centered process. Clients are in charge of changes and how they want to make them. Clients know themselves best and can use their innate strengths to improve their wellness. It's not a Health Coach's job to be an expert and tell clients what to do. Instead, a Health Coach holds space for clients to explore a situation. A Health Coach helps clients look at health holistically and make progress toward a greater quality of life while guiding them through long-term behavior change for lasting health. Health Coaching is an organic client-driven process that focuses on empowering clients around their own health and wellness. A Health Coach helps clients define their values, beliefs, and visions for success guides them in making progress toward their goals and helps them navigate challenges that occur on the road to lasting change. A Health Coach aids clients in all areas of health including physical activity, nutrition, relationships, careers, and spirituality.

### Clients often work with a Health Coach to:

- Improve sleep
- Manage stress
- Develop healthier eating patterns
- Navigate a challenging transition
- Deepen their spiritual connection
- Become more physically active
- Follow a recommendation from a health physician to reverse, manage or prevent a health condition.

A Health Coach is a change agent who is non-judgmental and open-minded while helping clients through the change process. Coaches help clients become experts on themselves to make self-directed changes in their lives. "Health Coaches guide organic transformation by creating a space for clients to tap into their internal wisdom and allow change to unfold naturally." Transformation is a journey of practice and feedback. Health coaches are partners in clients' journey to lasting health and wellness. Health Coaches support and empower individual wellness transformations including their own. Coaching is more than a profession; it's a lifestyle.