



SOA WELLNESS



# COACHING SERVICES

Health coaching is an evolving field, and it's growing more in popularity. With millions of people suffering from preventable lifestyle-related diseases, Health Coaches are uniquely positioned to bring about lasting change in the lives of individuals.

- Personal Health Coaching - \$75 per session
- Group Coaching - \$25 per hour (Groups of 2 or more)

Transformation Starts Here!

**BOOK NOW**



1-800-297-8760



[www.soawellness.com](http://www.soawellness.com)



## WHY A HEALTH COACH?

Health Coaches are coaches who focus on health and wellness. They have a lot in common with life coaches, career coaches, and even athletic coaches in that they approach coaching as a relationship. They're partners throughout their clients' journeys – journeys that consist of ongoing practice and feedback. They help clients reach their full potential by raising awareness, making connections, identifying patterns, shifting limiting beliefs, using a growth mindset, and offering strengths-based support.

Our Integrative Nutrition Health Coaches are purposed with helping to spread the ripple effect of empowered health and happiness. We use a forward-thinking approach that offers support that is science- and experience-based and catered to each bio-individual client. We support clients with specific goals and empower clients to choose health-promoting behaviors that work for them. By raising their awareness and offering support, clients are able to move in their own bio-individual ways toward the greater health they want for themselves. We partner with and mentor folks to create and maintain long-term lifestyle changes to enhance their overall quality of life. Won't you join us?