



## WHY COACH WITH ME?

Together we'll create a customized soulful plan, setting goals to guide the way and help you stay focused. We'll leave room for "life" anticipating its curve balls and adjusting to continue the journey towards your best self together. Always building on the foundation of Christ for abundant living and the strength to make the right choices.

- I am energetic, empathetic, fun and excited to help **you** become **your** best self.
- I am passionate about assisting **you** on **your** journey and will never give up on you.
- I'll listen to **your** challenges and meet you where you are at. I will assist you in breaking through the barriers you face so that you can live your new normal.
- I'll personalize **your** plan and sessions – I don't believe in a one-size-fits-all approach.
- I have a depth of experience and a wealth of knowledge to offer you. I'll ask you the tough questions and help **you** find **your** answers.
- As your coach I will mentor and guide **you** to determine realistic behavioral changes that **you** can make in order to accomplish **your** own goals. This will allow you to accommodate the ups and downs on life while living a sustainable lifestyle – no quick fixes.
- I'll help **you** be aware of **your** interior thinking and why **you** make the choices **you** do. Finding out why **you** settle for less than God's best for **you** and move beyond **your** experiences and work past the external forces that hold **you** back.
- I will work with **you** holistically, integrating all dimensions of Soulistic Well-Being into **your** goals for behavioral change as **you** put God first in each area of **your** life, **you** will see that **you** can achieve a healthy lifestyle and maintain it. (*Matthew 6:33*)
- I will keep **you** motivated and accountable, like a personal cheerleader – there to keep **you** inspired and moving forward. Giving **you** the tools for independence while supporting those life changes.
- I will help **you** find **your** why and on terms. This gives **you** a greater likelihood of success as **you** break through old unhealthy habits and develop a healthy and sustainable lifestyle.
- I believe that when **you** put God first, **you** can draw from His strength. Together with God, I will help **you** realize **your** identity in Christ, increase self-awareness and boost your confidence so **you** can follow **your** unique calling.
- I'll challenge **you** to think about **your** choices and create a "WHY" to move forward. **You** will call the shots and have a partner with whom **you** can learn to overcome obstacles with and who truly cares about **your** personal well-being!