

Wellness Coaching

The purpose of Wellness Coaching is to work on all the dimensions of one's well-being. Engaging individuals and helping them identify a process for their growth and help them achieve their goals. Since everyone is unique the process too is uniquely tailored to for each one.

The coaching process encourages people to bring about changes in their lives that would work for them, fits their goals, needs, desires and interests. This change then become a part of them or their lifestyle and hence is long-term.

The person can choose to work on all dimensions with the help of their coach or can select "pain area" or the "focus area" which needs immediate attention.

Wellness Coaching Dimensions

- **Physical well-being:** Health, Nutrition, Weight Loss, Weight Gain, Exercise, Fitness
- **Emotional well-being:** Increasing your happiness and self-worth, managing emotions, managing stress and improving relationships
- **Mental well-being:** Goal setting, bring about clarity of thinking, understand your intrinsic motivation, recognise core values and beliefs
- **Spiritual well-being:** Increase self-awareness, learn to live more connected with your inner self, understanding your identity, learn to be more peaceful and happier



What will Wellness Coaching do for you?

- Learn to decipher what you want, why you want, what is stopping you from getting there, create a plan to reach there and work out your plan.
- Wellness coaching helps you by creating a tailored plan which enhances your well-being through self-directed, lasting changes, aligned with your values.

- Bring about changes that will become a part of you and your lifestyle and hence are more stable and sustainable.
- Brings about shifts in thinking, fresh perspectives which help you make choices and decisions in line with your goals and your overall wellbeing.
- Helps in improving relationships and you becoming more peaceful and happier.

How to begin?

Most coaching sessions are for about 30-45 min. The first session could be longer, as it would require detailed understanding of the individual: goals, interests, problem areas etc. Which would then form a base to design a plan uniquely tailored for the individual.

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