



What is Integrative Health Coaching?

Are there health behavior changes that you have wanted to make but either haven't known how or haven't been successful in the past? Has a new health concern arisen that you want to pay particular attention to? Health coaching effectively motivates and supports health behavior change through a structured partnership between the client and coach. A coach is like a "personal trainer" except the focus will be on your whole self. The coach helps a client develop and realize their optimal health vision through inquiry, personal discovery and accountability.

How does Integrative Health Coaching help clients achieve their optimal health?

- Coaches work with the whole person. They listen to a client's concerns and ask powerful questions to help motivate a client to make the changes they desire.
- Coaches spend time exploring what is most important to a client in their health and allow them to choose their course of action.
- Coaches guide a client through a strategic process to maximize their success.
- Coaches and clients work in a partnership to identify obstacles to change and create strategies for moving towards a client's goals.
- Coaches support clients in tracking their weekly progress and hold them accountable for their commitments.
- Coaches provide additional resources for making healthy behavior changes.

What are appropriate topics for Integrative Health Coaching?

The coaching relationship is unique. The coach and the client form a partnership to better equip a client to realize their optimal health vision based on their own goals and values. Any concern that gets in the way of taking care of a client's optimal health is the perfect subject with which to begin coaching. Therefore, any topic a client wishes to discuss that contributes to their optimal health is an appropriate topic for Integrative Health Coaching.

Typical topics include:

- Fitness and exercise
- Nutrition and healthy eating behaviors
- Sleep
- Stress
- Professional development and work-life balance
- Relationships and communication
- Mindfulness and spirituality
- Non-communicable disease such as diabetes, cardiovascular disease, arthritis, etc.
- Tobacco, alcohol or other substance use
- Physical environment



How is Integrative Health Coaching different than other services?

Health Coaching differs from other coaching services, including life coaching, counseling, personal training or nutrition/dietetics, in that it uses scientifically rooted theories of behavior change to create lasting changes in health behaviors to improve overall wellbeing and quality of life for clients. Health Coaching follows a strategic process that unlocks a deep motivation for change with practical steps towards achieving specified goals. A conversation with a Health Coach is not limited to one aspect of health – it is an open, endless exploration of the mind and body to awaken values and discover a client’s vision of themselves in their best health. Most importantly, a Health Coach is a partner who is dedicated to helping a client achieve their optimal health and in-turn, their greatest life potential.

What happens after a coaching series ends?

After a 3, 6, or 9-month coaching series, a client can expect to have developed new habits in one or several areas of health. They can also develop an innovative perspective on holistic wellbeing and heightened confidence in making lasting changes that optimize personal and professional achievements. Once a coaching series is completed, clients can schedule maintenance appointments or re-enroll for a new series to continue working towards their best health.

For more information on Integrative Health Coaching, visit:

<https://www.dukeintegrativemedicine.org/integrative-health-coach-training/integrative-health-coaching/>

For all other inquiries, feel free to contact shay@wellbys Shay.com.