

Inez Bracy International

Is Health Coaching Right For Me?

A health and wellness coach will be beneficial if you're feeling as if you desire a change in your health.

Health coaching focuses on assisting you with present and future goals.

Talking about your past experiences or methods you've used to get healthy that did not last can be beneficial.

Your past does not define you unless you allow it. Have you experienced dieting, losing weight only to have it come back?

Sharing methods you've used gives you and the coach a place to start.

Health coaching helps you to see the past and be okay with it, knowing that most of the time you did the best you could.

Have you noticed that you've been so busy doing things that you've not given much thought to your health?

Busyness is one of the ways that keeps you from getting healthy and/or staying healthy.

Imagine the difference if you decide to grant yourself just seven (7) minutes each day to believe that getting healthy and/or staying healthy is possible.

As your health coach, I show you how to effectively use those seven (7) minutes to change your way of thinking leading to possibility thinking. This is the kind of thinking required to shift and make the desired changes to live your healthy life.

You might be wondering, “What happens in a coaching session?” It depends! Together, after your one hour Discovery Session we create a plan based on your desires and goals.

Each session thereafter, we will work toward getting clear and focused on one desire or goal. We combine goals that overlap.

Working with me, I listen, motivate, encourage and empower you to stay focused on achieving your healthy lifestyle.

You receive strategies, tips, ideas and I identify available options that you may not have considered.

I assist you in “going deeper within” to really connect with your most authentic self to experience the joy of getting healthy and/or staying healthy.

This allows you to experience the freedom of actually being you, on your own terms.

In order to get the best from your coaching, it is important to be positive, open-minded, willing, and excited about being healthy.

The ideal relationship with me is trusting, honest and your commitment to complete each action that you are given at the end of each session.

The number of coaching sessions depends on how involved you are in getting your desire to live a healthy lifestyle.

Your level of commitment in achieving your desired results determine the length of time.

As your health coach, I provide endless motivation, support and encouragement within a confidential and non-judgmental environment. As your health coach, you benefit from having someone who is trained in different modalities so that you receive the most appropriate strategies to help you get healthy and/or stay healthy.

I know that the more quickly you experience clarity, focus, and willingness to follow the process the faster you will achieve your healthy result.

You will be living your healthy life faster than you could have ever imagined!

The biggest part to having successful coaching sessions is being willing to follow through on the processes we discuss.

And to share with me your hesitation when something doesn't feel right for you.

This gives us the opportunity to work through it or choose a different way.

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