

What is Coaching?

Coaching helps people get what they want.

Coaching is a collaborative and synergistic relationship between an certified and professional coach and a client. Coaches partner with clients in a thought-provoking and creative process that inspires their clients to maximize their personal and professional potential.

Through thoughtful questions and active listening, a coach can offer support in areas such as business, career, creativity, family, finances, health, lifestyle, life purpose, love life, relationships, spirituality, etc., and can help their clients produce extraordinary, fulfilling, and sustainable results.

Some coaches are best known as life coaches and coach people on many topics while other coaches specialize in one area depending on their lived experiences and areas of expertise. You can hire one coach for everything or you can hire different coaches for different parts of your life.

As an esthetician, massage practitioner, and energy healer, who specialized in helping people manage stress and take a proactive stance on their health, Maria is most suited to Wellness Coaching.

What is Wellness Coaching?

While Wellness Coaching is similar to Life Coaching and other types of coaching, Wellness Coaching is more specifically geared toward issues relating to health and well-being.

Wellness coaches often have training and experience in health-related fields and they focus on guiding their clients to enhance their lifestyles as well as improve their mental health and physical fitness.

Why Should I Make My Wellness A Priority?

"Get your rest. If you haven't got your health, you haven't got anything," ~ Count Tyrone Rugen, The Princess Bride.

Being physically, mentally, and emotionally fit helps us be productive and enjoy life, and it's essential to minimizing the risk of developing many serious chronic diseases including arthritis, cancer, depression, diabetes, heart disease, and hypertension.

Wellness Coaching Session Topics

- * "I'd like to sleep better."
- * "I'd like to find better ways to manage stress and relax."
- * "I'd like to take a break from my digital devices."
- * "I'd like to go on vacation and I'd like to plan something really special."
- * "I'd like to make significant changes in my life starting with my health."
- * "I need to make better choices in regards to what I eat."
- * "I'd like to add exercise to my routine."
- * "I'd like to lose weight and get fit."
- * "I'm planning to run in a 5K or 10K charity event or marathon."
- * "I have a birthday, class reunion, wedding, etc., coming up and I'd like to look and feel my best."
- * "I'd like to have a healthy baby."
- * "I'd like to have clear skin on my face and body."
- * "I'd like to balance my hormones and manage my PMS, Perimenopausal or Menopausal symptoms."
- * "I'd like to have a better relationship with my partner, family members, or co-workers."
- * "I'd like to manage my pain and/or chronic illness better."
- * "I'd like to quit smoking and/or drinking."
- * "I'm recovering from a car accident or sports injury and would like to feel better."
- * "I travel a lot for work and I'd like to maintain a healthy lifestyle even while I'm on the road."
- * "I've seen people suffer in their senior years and I don't want to be in the same boat. It's up to me to take charge of my health now so that I can enjoy my life and age gracefully."

Connect with Wellness Coach Maria Koropecy today.
250-812-3487 * homespunspa@shaw.ca * www.homespunspa.com
Based in Victoria, BC, Canada

Why Should I Make My Wellness A Priority? *con't...*

Also, if a health condition somehow develops, than being reasonably healthy to start with will make it easier to manage the illness in the long run.

The following three paragraphs are excerpted from Maria's, "Creating Wellness" ebook, now on Amazon:

Having a chronic disease is not only challenging, but it keeps people from pursuing their dreams and achieving their goals. Poor health is often a huge, all-consuming distraction and results in people spending their time seeking medical attention, standing in line to fill prescriptions, dealing with side effects of medications, worrying about finances and/or the future, and trying to cope with pain, etc., instead of doing their own things that bring them joy.

Many illnesses are preventable and being healthy means having the freedom to do whatever you want with your life.

The good news is, there's still time to make small lifestyle changes NOW — like quitting smoking, exercising more, fueling your body with more nutritious food, getting regular massages, establishing healthy sleep habits, and speaking your truth — that will save you tremendous expense and suffering later.

If you want to be healthier and are committed to making some lifestyle changes, than working with a Wellness Coach will help you get there.

How is Wellness Coaching Different From Other Professions?

Although Wellness Coach Maria is not a nutritionist, personal trainer, therapist, or counsellor, she can support you in your quest toward better health. Maria's philosophy centres around managing stress because being relaxed will go a long way in helping you achieve your health, fitness, life, or any other goals.

Wellness coaching is not about fixing anything or telling people what to do.

Also, unlike therapists and counsellors, a Wellness Coach will not dwell on your past and try to figure out how you got here. Coaching is all about starting with where you are now and looking towards your future.

Wellness coaches are here to listen and ask thoughtful questions and to gently draw out your insights so you can feel free, safe, and empowered to move forward in life and to create a future you can get excited about.

Why would I work with a Wellness Coach?

Kudos to you if you can motivate yourself and reach your health goals on your own but many of us find it difficult to make changes without some outside help.

Working closely with a Wellness Coach can really speed up the process and will give you a safe place to express your thoughts and feelings along the way. You'll gain confidence, new healthy habits, clarity, and self-awareness, and eventually you'll have the tools to fly solo.

What's it Like to Work with a Wellness Coach?

Wellness Coaching can be done either over the phone, on Skype, or in person, and each coaching session lasts around an hour. An entire coaching program includes an initial evaluation followed by 3 coaching sessions per month and the coaching relationship can continue for 3, 6, or 12 months and beyond.

Each Wellness Coaching session is unique and as the client, you decide what topics you'd like to talk about (*see infographic for ideas*). Wellness Coaches know how to structure a conversation and will ask you a series of questions to help you gain clarity about your imagined future, what you'd like to focus on, and what you'd like to take away from your conversation. Then you and the Wellness Coach will explore what's supporting you, what's in your way, your beliefs, etc., and within the hour, you'll have more self-awareness and acceptance and you'll feel empowered to move forward in your life. It's quite exhilarating!

Who could benefit from Wellness Coaching?

Anyone who has a lot on their plate and feels overwhelmed by their long to-do list and/or health challenges and has no clear focus or vision on how to feel better, can benefit from Wellness Coaching.

If you're thinking about hiring a wellness coach for yourself or on behalf of your organization, it means the idea of reaching for something new, something better for yourself and others, is more compelling than staying in the same old, same old rut. And as scary and uncomfortable as it sounds to venture into unknown territory, you're finally ready to try something different and dare I say, become a butterfly.

"And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom." ~ Anaïs Nin

As your wellness coach, I'm committed to your thriving and I'll walk beside you on your journey so you can create a future and live a life that you can be excited about. If that sounds good to you, let's talk.

Sincerely,

Maria Alexandra Koropecy

Wellness Coach

web: <http://www.homespunspa.com/coaching.htm>

LinkedIn: <ca.linkedin.com/in/mariakoropecky>

cell: 250-812-3487 email: homespunspa@shaw.ca

Complimentary Consultations

I'm also offering complimentary, no-obligation, 30-minute coaching consultations where we'll create a crystal clear vision for your "ultimate success" so you know exactly what you want, where you're headed, and what you need to do to make it happen. Then you can decide if you'd like to continue working with me as your Wellness Coach.

To book your consultation appointment or coaching session, please call or email Maria today.