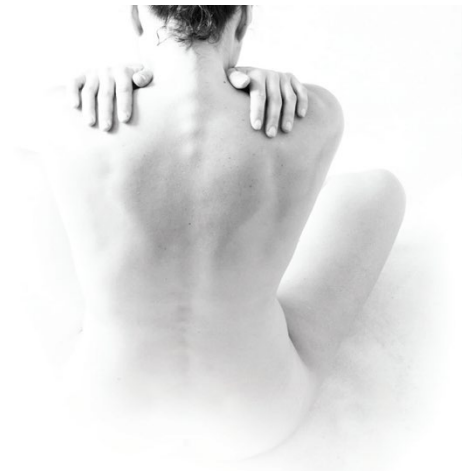




Universal Health™

Restore + Sustain + Advance



Wellness & Life Coaching

Become more proficient, self-reliant, independent, emotionally regulated, and empowered in your life.

We are governed by our current and intergenerational conditioning, learned behaviours, and beliefs. Everything we know has been learned through our parents, culture, teachers, and connections with friends, as well as every single activity that we've been involved with. Most of the time we are completely unaware that the actions we take may be misaligned with our true intrinsic values.

Frustration and a lack of clarity are two of the major obstacles that frequently hold people back. This often leads to a sense of being 'stuck' or 'trapped', with no clear idea of which actions, direction, or decisions will lead to the desired outcome.

Similar to a sportsperson requiring coaching to help them achieve greater outcomes and results, we too require coaching; we sometimes need guidance and assistance to help us succeed in the way we truly want and desire.

Wellness and life coaching can be used to help you make a change, uncover and follow your purpose in life, and assume complete ownership of your direction. It will push your boundaries and encourage you to step out of your comfort zone into a role where you can become the master of your life.

How is Wellness & Life Coaching different to therapy?

Coaching is patient-focused. It puts you in the driver's seat of your life and makes you accountable for where you've been, what you've experienced, where you currently are, where you want to be in the future, and how to practically get there.

It is a fast-paced and intensive process that may challenge your beliefs, fears, and judgments, and help you achieve a new balance in both your mind and your body.

Alongside the development of clearer strategies to reach your goals, your coaching will be combined with a kinesiology technique called NET (Neuro Emotional Technique), which is a brief mindfulness-based intervention facilitating stress reduction. Its implementation assists the body to release any physiological/emotional blocks and patterns that could be hindering positive outcomes.

It is important to note that you will have support beyond your sessions. You will have direct access to your coach through email, text, or additional phone support to assist and maintain momentum and progress from week to week.

The Process

Wellness and life coaching uses a combination of human behaviour principles, Chinese Medicine Theory, core aspects of kinesiology, and core components of NLP.

Wellness and life coaching can challenge your beliefs, learned behaviours, and conditioning in order to help you shift your perspective, see the hidden order, uncover underlying blessings, and develop gratitude for what you've experienced.

Do you struggle with

Feeling stuck behind your limitations and beliefs, attracting the same unhealthy relationships time and time again, having difficulty breaking health-related patterns, feeling as though you are a spectator in your own life, and/or seemingly hitting one brick wall after the other, as you try to uncover your career and life purpose.

Potential Outcomes

One of the primary outcomes of coaching is to promote and create a more balanced, healthy, empowered, and fulfilling life, and to implement clear and defined action steps and powerful new strategies that you can apply immediately.

Wellness and life coaching can be used to help you achieve notable changes in one or more areas of your life.

The seven areas of life that wellness and life coaching can assist with are as follows:

1. Physical Health & Wellbeing
2. Social Dynamics
3. Family Dynamics
4. Financial Life
5. Career Life
6. Mindset
7. Spiritual Quest

References & Research

Robert D and Patricia E Kern Center for the Science of Health Care Delivery, Mayo Clinic, 200 First Street SW, Rochester, MN 55905, USA. Impact of a 12-week wellness coaching on self-care behaviors among primary care adult patients with prediabetes. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5966585/>

Health and Wellness Coaching Department, Maryland University of Integrative Health, Laurel. Corresponding Author: Elizabeth Ahmann, ScD, RN, PCC, NBC-HWC Health and Wellness Coaching and Psychiatric Care Collaboration in a Multimodal Intervention for Attention-Deficit/Hyperactivity Disorder: A Case Report <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6844547/>