

INDIVIDUAL COACHING

Each of us has a different picture of a “healthy lifestyle.” Some people envision going to the gym five times/week or eating only organic vegetables, fruits and grains. Others think of meditating and doing Yoga every day.

Good health is influenced by your diet and exercise habits but it is also influenced by your ability to react to life’s challenges with humor, honesty and self-confidence. When life gets tough, some of us overeat, others throw tantrums, get angry, feel sorry for themselves and some people are blessed with an ability to see a clear path to problems and sail through life with good humor.

Sally’s Healthy Living helps you identify healthy and not so healthy behaviors. Our first coaching sessions involve an exciting exploration of your passions, habits, joys and frustrations. Through well thought out questions and techniques you will gain deeper insight into your blocks to embracing healthier choices in all areas of your life.

We ask questions. What is working? Where are you really successful? Is your definition of being successful the same as your definition of happiness and contentment? Five years from now, if you keep doing what you are doing will you have that physical, spiritual and mental contentment?

With this new knowledge, you set realistic goals for areas in your life that are not satisfying. Together we design a life map to gain control of your present and influence your future. Your goals may include further education about health issues, resolving bondages of the past, developing new responses to destructive patterns with other people, developing community, nurturing self love and forgiveness, changing eating patterns, stress reduction, weight loss etc. The options are limitless.

Ultimately, within a few weeks of implementing your new map to life you will feel energized, motivated and much lighter. As your coach, I am there to help you through the challenges and to cheer you on with your successes.