

Life can be hectic. Maybe you feel like you've lost control and want to take charge of your life again - to take your power back!

Coaching is a unique process aimed at helping you grow in awareness of what matters most to you.

This growing field of healthcare in which coaches help people reclaim control of their lives by empowering them to make their own choices involve all aspects of life: sleep, nutrition, movement, social relationships, and stress factors.

IS COACHING THE
RIGHT FIT FOR ME?

Coaching is based on the idea that the answers you need to live a healthy life are found within you, not externally. A coach will consider all of your strengths and weaknesses, your personal likes and dislikes, and your readiness to make a change. Your coach will use all of this information to help you unleash your full potential. If there is a behavior that you want to change or if there are stressors that need to be addressed, health coaching may be the answer for you. Health coaches are in essence "a guide on your side".



We are here to support you in reaching your health and well-being goals!



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QUESTIONS?
Nancy Stocks
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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTH COACHING

BRIDGING THE GAP

Health, Wellness & Nutrition
Coaching

FOUNDATION YMCA



www.wilsonymca.org

PERSONAL TRAINER OR HEALTH COACH: WHAT IS THE DIFFERENCE?



Proud to be an NBC-HWC.



MEET YOUR COACH

Nancy Stocks graduated from Functional Medicine Coaching Academy in March 2020 as a certified health and wellness coach and passed her board certification October 2020. She is also an IFTA and NASM Certified Personal Trainer, LMBT, TRX instructor and Group Fitness instructor.

TIME AND COST COMMITMENT

Six sessions
\$200 member/ \$265 non-member

Health coaching sessions can be virtual, in person or by telephone. The amount and frequency of the sessions is set by the client. Your coach will research and find information for you at your request and, with your permission, can talk with your doctor or another healthcare professional you are currently working with.

I'M INTERESTED! HOW DO I GET STARTED?

Please fill out the information below and return to the Front Desk if you have additional questions about health coaching or if you would like to hire a health coach and get started on your wellness journey.

Nancy Stocks will contact you by phone and/or email prior to the purchase of coaching sessions to discuss any questions you may have about how coaching works and if it is right for you.

Please allow 2-3 business days response time.

Date: ___/___/___

First Name:

Last Name:

Phone Number:

Email:

Personal trainers:

- Motivate and inspire clients struggling to make changes on their own
- Instruct the client about how to change
- May set goals for the client to be accomplished in a certain timeframe
- Mostly focus on physical change

Health coaches:

- Centered around helping client access inner resources so they leave with the tools they have within themselves to accomplish their goals
- Guides client through the use of thought-provoking questions and conversations to discover their own goals and confidence
- Health coaching relationship is longterm and ongoing to ensure any underlying issues are addressed
- Focus on change within the whole person

Both personal trainers and health coaches play huge roles in the lives of their clients and often work together to ensure the client's needs are met.