



You now have access to a valuable new benefit: **top-tier, personalized (and completely confidential!) coaching**. Is there something you'd like to start, stop, enhance or change? Connecting with your own, personal health, wellness & performance coach can be the first step to turning your "wish" into a reality.

We know life is busy - your telephonic coaching session will take just 20-30 minutes, but the results are significant. The goal of an effective coaching session is to find out what matters most to you, help you clarify your personal "why" to enhance your internal motivation, and then work together to design a plan that works best with your life and provides you the support to be successful. Why not give it a try? You can discontinue at any time, no questions asked. But you just might surprise yourself and discover coaching is just the tool you were looking for to help you move forward and make that change.

Your own nationally board-certified personal coach will help you identify the topic(s) of discussion, so don't worry if you don't have specific ideas coming into your session. Common areas include healthy eating, work/life balance, sleep, weight or stress management, exercise, and everything in between.

Here are a few recent comments from participants:

- "The encouragement alone is very valuable! My coach is realistic and helps me to get rid of the guilt and make healthier choices within life limitations."
- "My coach has motivated me and KEPT me motivated while I continue to lose weight. I am down 25 lbs so far."
- "I do not have anyone to really talk to about these things and having (my Coach) always makes me feel better, keep positive and gives me ideas of things to strive for and to me that are very worthwhile."
- "My Coach challenges me not to say 'I can' but 'I will!' I need to be challenged!"



GETTING STARTED:

To get started toward #BetterThanYesterday

1. Go to: XYZ page (spec to org), enter your company code and click the link for Coaching
2. Fill out the 60 second registration page
3. Go to calendar & pick date/time best for you
4. Connect with your coach!

QUESTIONS?

We're here for you. Email us anytime at Results@CatalystCoaching360.com and we usually respond that same day (or hour!). If you're wondering about qualifications of your personal wellness coach, you're in good hands. We are the only coaching provider in the country to ever combine the URAC Comprehensive Wellness Accreditation with the NBHWC approved wellness coach certification and have been an industry leader in personalized, value-based, nationally board-certified health, wellness & performance coaching since 2007.

Contact us anytime:



Email us at
Results@CatalystCoaching360.com



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