



# WELLNESS COACHING

Wellness Coaching is an offering that is easily implementable and highly effective. 70% of the people who receive ‘coaching,’ report that their self-confidence, work performance, relationship health and communication skills positively increase (ICF 2009).




Each FitPros Wellness Coach will follow the below strategic process when meeting with your employees, for the agreed upon amount of time:

- 1. Determine a baseline (an acknowledgement of where they are today).
- 2. Guide the attendee through defining and clarifying their goals.
- 3. Help them identify which obstacles are holding them back from achieving their goals.
- 4. Suggest sustainable habit changes, a person can make moving forward, that will allow them to achieve their (in session) defined and desired result.

The overarching goal of a coaching session, is to arm an employee with the tools they will need to take control of their life.

**Note:** Due to the topics covered, a FitPros Wellness Coaching session can only be defined as Coaching, not Therapy. Even if the Wellness Coach is a licensed psychologist they will not diagnose, or attempt to treat a client they are meeting with under the terms and conditions of this offering.

## LOGISTICS

-  Coaching sessions need to take place in a private room in a low traffic area of the office
-  The Coach will obtain and maintain a confidentiality agreement with the Employee
-  This session is not covered under insurance as a clinical treatment

