

life coach vs wellness coach

Life Coach vs. Wellness Coach: Which Path Is Right for You?

Feeling lost, overwhelmed, or simply ready for a change? You're not alone. Many people turn to coaching for guidance and support in navigating life's complexities. But with so many types of coaches out there, choosing the right one can feel daunting. This comprehensive guide dives deep into the differences between life coaches and wellness coaches, helping you understand which path best aligns with your goals and needs. We'll explore their distinct approaches, the types of clients they serve, and the specific benefits each offers. By the end, you'll be equipped to make an informed decision about which type of coaching is the perfect fit for your journey.

Understanding the Core Differences: Life Coach vs. Wellness Coach

While both life coaches and wellness coaches help individuals achieve personal growth, their focuses differ significantly. Think of it like this: a life coach helps you navigate the entire map of your life, while a wellness coach focuses on a specific region – your well-being.

Life Coaching: A life coach works with clients on a broad range of life areas, including career goals, relationships, finances, and personal development. They act as a supportive guide, helping clients identify limiting beliefs, set realistic goals, and develop actionable strategies to achieve them. The focus is on overall life satisfaction and achieving a fulfilling life vision. They address challenges holistically, considering the interconnectedness of various life aspects.

Wellness Coaching: A wellness coach, on the other hand, specializes in improving physical, mental, and emotional well-being. Their focus is narrower, concentrating on aspects like nutrition, exercise, stress management, sleep hygiene, and mindfulness. They guide clients toward healthier habits and lifestyles, empowering them to make sustainable changes that enhance their overall well-being. While they might touch upon other life areas, their primary concern is optimizing the client's health and vitality.

What Does a Life Coach Do? A Deep Dive into Their Role

Life coaches are versatile professionals. They employ various techniques, including goal-setting frameworks (like SMART goals), accountability strategies, and motivational interviewing, to help clients:

Identify and overcome limiting beliefs: Many of us carry subconscious beliefs that hold us back. Life coaches help clients uncover and challenge these beliefs, paving the way for positive change.

Set clear and achievable goals: Life coaches help clients translate their aspirations into concrete, measurable goals, creating a roadmap for success.

Develop effective action plans: Simply setting goals isn't enough. Life coaches guide clients in

creating practical, step-by-step plans to achieve their goals.

Improve communication and relationship skills: Strong relationships are vital for a fulfilling life. Life coaches can help clients improve their communication skills and build healthier relationships.

Boost self-confidence and self-esteem: A life coach acts as a cheerleader, providing encouragement and support as clients work towards their goals.

The Wellness Coach's Expertise: Focusing on Holistic Well-being

Wellness coaches are experts in promoting holistic health. Their expertise lies in helping clients cultivate healthy habits and create a lifestyle that supports their physical, mental, and emotional well-being. Their work often involves:

Developing healthy eating habits: They may guide clients in making informed food choices, understanding nutrition labels, and creating balanced meal plans.

Creating a sustainable exercise routine: Wellness coaches help clients find enjoyable forms of physical activity that fit their lifestyles and capabilities.

Managing stress effectively: They introduce techniques like mindfulness, meditation, and deep breathing exercises to help clients cope with stress.

Improving sleep quality: They may provide guidance on sleep hygiene practices to promote restful and restorative sleep.

Building resilience and coping mechanisms: Wellness coaches equip clients with strategies to navigate life's challenges and bounce back from setbacks.

Who Should Choose a Life Coach?

A life coach is a great choice for individuals who:

Feel stuck in a rut: If you're feeling unfulfilled or uncertain about your direction in life, a life coach can help you clarify your goals and create a plan for moving forward.

Want to achieve significant life changes: Whether it's a career change, improving relationships, or overcoming personal challenges, a life coach can provide the guidance and support you need.

Need accountability and support: Life coaches provide a structured framework and regular check-ins to keep clients motivated and accountable.

Desire personalized guidance: Life coaches tailor their approach to each client's unique needs and goals.

Who Should Choose a Wellness Coach?

A wellness coach is ideal for individuals who:

Want to improve their overall health and well-being: If you're looking to make sustainable changes to your lifestyle to improve your physical, mental, and emotional health, a wellness coach can provide expert guidance.

Struggle with specific health challenges: Wellness coaches can help clients manage conditions like stress, anxiety, poor sleep, or unhealthy eating habits.

Need support in establishing healthy habits: They provide encouragement and accountability to help clients stick to their health goals.

Desire a holistic approach to wellness: Wellness coaches address all aspects of well-being, recognizing the interconnectedness of physical, mental, and emotional health.

Overlap and Synergy: Can You Benefit from Both?

While distinct, life coaching and wellness coaching aren't mutually exclusive. In fact, many individuals find benefit in working with both types of coaches. A wellness coach can help optimize physical and mental health, laying the foundation for achieving broader life goals with the support of a life coach. The synergy between these two approaches can be incredibly powerful.

Conclusion: Finding the Right Path to Personal Growth

Choosing between a life coach and a wellness coach depends entirely on your individual needs and goals. Consider your priorities, the areas of your life you want to improve, and the level of support you're seeking. Carefully researching potential coaches and having an initial consultation can help you make the best decision for your personal journey. Remember, the most important factor is finding a coach with whom you feel a strong connection and trust.

Frequently Asked Questions (FAQs)

1. Can a life coach help with health issues? While a life coach doesn't provide medical advice, they can support clients in making lifestyle changes that contribute to better health, potentially working alongside other healthcare professionals.
1. Is wellness coaching only for people with health problems? Absolutely not! Wellness coaching is for anyone seeking to optimize their well-being and prevent future health issues through proactive lifestyle changes.
1. How much do life coaches and wellness coaches cost? Pricing varies widely depending on the coach's experience, location, and the type of package offered. It's best to contact individual coaches for pricing information.
1. How long does coaching typically last? The duration of coaching varies depending on individual goals and progress. Some clients work with a coach for a few months, while others continue for a year or longer.
1. What if I don't see results after working with a coach? Open communication is key. Discuss

your concerns with your coach to explore potential adjustments in your approach or goals. Finding the right coach-client fit is crucial for successful outcomes.

life coach vs wellness coach: Lifestyle Wellness Coaching James Gavin, Madeleine Mcbrearty, 2018-11-07 Lifestyles have changed dramatically over the past quarter century. Along with these changes come exciting opportunities, including new career paths in the professional domain of health and wellness coaching. Centered on an evidence-based process for guiding change, *Lifestyle Wellness Coaching, Third Edition With Web Resource*, offers a systematic approach to helping clients achieve enduring changes in their personal health and wellness behaviors through a supportive and forward-moving coaching relationship. *Lifestyle Wellness Coaching* has been thoroughly revised and updated to keep pace with the rapidly evolving field of wellness coaching. It is complemented by discussions, case studies, reflective opportunities, and practical aids and engages readers through multiple approaches to learning: The reader is encouraged to gauge comprehension and application of the content by reflecting on personal experiences within the context of coaching. Sample dialogues offer real-world examples of coaching situations and strategies. The International Coach Federation's 11 core competencies are thoroughly examined to prepare readers for certification in the profession of coaching. A new web resource houses easy-to-use forms, plans, and assessments that professionals can use immediately with clients. *Lifestyle Wellness Coaching* examines real coaching conversations to assess key considerations, such as the types of questions to ask, how to provide feedback effectively, and how to facilitate action planning. The text presents communication strategies to motivate, guide, inform, and support clients' processes toward personal change with a holistic approach. It addresses boundaries of care and advice appropriate to coaching relationships. Other issues explored include developing a trusting relationship, creating goals that are aligned with coaching processes, unblocking clients' energy and discovering resources for change, and generating forward movement through the skillful use of the International Coach Federation's 11 core competencies. *Lifestyle Wellness Coaching* introduces readers to models that clearly identify clients' progress through the stages of change. First, the text explores the popular transtheoretical model (TTM) of health-related behavior change and its delineation of six stages of clients' readiness to change. The discussion of TTM includes strategies appropriate to clients in various stages of readiness to change. The text also presents the learning-through-change model (LCM), revealing the deep layers beneath each phase of client movement toward change. Readers are offered a map for coaching clients toward goal achievement. The authors' unique flow model of coaching illustrates how professional coaches can help clients navigate the sometimes turbulent events of a person's life in order to change habitual patterns of behavior. The companion web resource offers a complete kit of assessment tools to help establish a strong framework for successful coaching. A welcome packet, coaching readiness index, introductory session form, and between-sessions questionnaire benefit both the professional and client in laying the groundwork. Other supplemental resources, such as a social and emotional intelligence assessment and a goal setting form, support the journey. *Lifestyle Wellness Coaching, Third Edition*, is the definitive resource for those seeking to embrace wellness coaching and propel clients to healthy, effective change.

life coach vs wellness coach: Wellness Coaching for Lasting Lifestyle Change Michael Arloski, 2014 Arloski blends the wisdom of the wellness field with the proven processes of the coaching profession to create an easy-to-use training tool. The result is the perfect training tool for wellness professionals of all kinds: disease management professionals, professional coaches, EAP professionals, counselors, and therapists.

life coach vs wellness coach: CSCS Study Guide Cscs Certification Prep Team, 2017-01-26

This guide covers quick overview, test-taking strategies, introductions to the CSCS exam, exercise sciences, nutrition, exercise technique, program design organization and administration, practice questions, detailed answer explanations.

life coach vs wellness coach: Rock Steady Ellen Forney, 2018 Rock Steady: Brilliant Advice From My Bipolar Life is the eagerly awaited sequel/ companion book to Forney's 2012 best-selling graphic memoir, Marbles: Mania, Depression, Michelangelo, and Me. Whereas Marbles was a memoir about her bipolar disorder, Rock Steady turns the focus outward, offering a self-help survival guide of tips, tricks and tools by someone who has been through it all and come through stronger for it.

life coach vs wellness coach: Body Love Every Day Kelly LeVeque, 2019-12-31 Forewords by Emmy Rossum and Jennifer Garner Ditch cravings and love your lifestyle with this body-positive approach to health and wellness In her bestselling book Body Love, Kelly LeVeque shared how the Fab Four—protein, fat, fiber, and greens—can transform your health, your body, and your relationship with food. Now, in Body Love Every Day, Kelly gives you an action plan to adopt the Fab Four lifestyle in the way that's right for you. For a tailored approach, she has created comprehensive 21-day plans for four different archetypal women: • The Girl on the Go wants a plan that's flexible enough to work with her busy schedule. Kelly shares on-the-go hacks for when you're out and about or traveling, delicious 15-minute meals, and simple strategies to stay balanced every day. • The Domestic Goddess is dedicated to building a healthy home through cooking with and using clean products. Kelly shows you how to elevate your cooking and home to healthier heights. • The Plant-Based Devotee wants to incorporate the Fab Four into her vegetarian or vegan diet. With over forty delectable plant-based recipes, Kelly gives you a plan to stay nourished and fueled while staying committed to your lifestyle. • The Red-Carpet Ready gal wants to look her best for her next big event. Rock your version of the red carpet with the same strategies Kelly uses with her A-list celebrity clients, including recipes to debloat and brighten skin, workouts to tighten and tone, and ideal eating windows to help boost results. Whether you're one of these archetypes or a combination of them, Body Love Every Day provides a plan to help you achieve natural wellness for the body, mind, and soul. You'll find recipes and nutrition information for every meal, exercise and movement for every day, stress management and energy recharge for nights and weekends, and emotional support to get you through the inevitable tough times. Whether you're looking to live healthier or drop a jean size, boost your fitness or just feel better, Body Love Every Day is your guide to success.

life coach vs wellness coach: Coaching Psychology Manual Margaret Moore, Erika Jackson, Bob Tschannen-Moran, 2015-09-02 This second edition of the Coaching Psychology Manual helps health, wellness, lifestyle, positive psychology, and personal coaches work with clients to achieve their health, well-being, and life goals. Endorsed by the ACSM, packed with examples and scenarios, and now in vibrant full color, this comprehensive guide covers techniques and concepts for supporting clients in changing the behaviors and mindsets needed to thrive, in all areas of wellness, including fitness, nutrition, weight, mind/body, stress, and management of life issues that impact well-being.

life coach vs wellness coach: Mila's Meals Catherine Barnhoorn, 2021-11 Mila's Meals is part cookbook, part whole-food nutrition encyclopaedia covering The Beginning of your child's lifelong relationship with food and The Basics of feeding yourself food that is medicine.

life coach vs wellness coach: Midlife, No Crisis Lisa Levine, 2021-01-05 In this useful and lovely guidebook to midlife for women, life and health coach Lisa Levine provides easy, actionable tools to help readers let go of what's holding them back and become the best version of themselves. Packed with humor, inspirational quotes, and practical advice, Midlife, No Crisis encourages readers to practice self-care, cultivate positive habits, and overcome fear so that they can start living an awesome life.

life coach vs wellness coach: Becoming a Professional Life Coach: Lessons from the Institute of Life Coach Training Diane S. Menendez, Patrick Williams, 2015-03-23 An updated version of the best-selling therapist-to-coach transition text. With his bestselling Therapist As Life Coach, Pat

Williams introduced the therapeutic community to the career of life coach, and in *Becoming a Professional Life Coach* he and Diane Menendez covered all the basic principles and strategies for effective coaching. Now Williams, founder of the Institute for Life Coach Training (ILCT), and Menendez, former faculty at ILCT—both master certified coaches—bring back the book that has taught thousands of coaches over the past eight years with all-new information on coaching competencies, ethics, somatic coaching, wellness coaching, and how positive psychology and neuroscience are informing the profession today. Moving seamlessly from coaching fundamentals—listening skills, effective language, session preparation—to more advanced ideas such as helping clients to identify life purpose, recognize and combat obstacles, align values and actions, maintain a positive mind-set, and live with integrity, this new edition is one-stop-shopping for beginner and advanced coaches alike. Beginning with a brief history of the foundations of coaching and its future trajectory, *Becoming a Professional Life Coach* takes readers step-by-step through the coaching process, covering all the crucial ideas and techniques for being a successful life coach, including:

- Listening to, versus listening for, versus listening with
- Establishing a client's focus
- Giving honest feedback and observation
- Formulating first coaching conversations
- Asking powerful, eliciting questions
- Understanding human developmental issues
- Reframing a client's perspective
- Enacting change with clients
- Helping clients to identify and fulfill core values, and much, much more.

All the major skillsets for empowering and “stretching” clients are covered. By filling the pages with client exercises, worksheets, sample dialogues, and self-assessments, Williams and Menendez give readers a hands-on coaching manual to expertly guide their clients to purposeful, transformative lives. Today, with more and more therapists incorporating coaching into their practices, and the number of master certified coaches, many with niche expertise, growing every year, *Becoming a Professional Life Coach* fills a greater need than ever. By tackling the nuts and bolts of coaching, Williams and Menendez equip readers with the tools and techniques they need to make a difference in their clients' lives.

life coach vs wellness coach: Occupational Performance Coaching Fiona Graham, Ann Kennedy-Behr, Jenny Ziviani, 2020-06-02 This book presents a definitive guide to understanding, applying, and teaching Occupational Performance Coaching (OPC). Grounded in principles of occupational therapy, person-centredness, and interprofessional frameworks of health and disability, this book will be of interest across health and rehabilitation professions. Supporting people affected by disability to do well and live the life they want is the ultimate outcome of all rehabilitation professionals, no matter where on the lifespan our clients sit. Coaching is increasingly recognised as highly effective in achieving this aim. This accessible manual provides case examples related to diverse health conditions alongside practitioner reflections. Uniquely, this manual presents coaching methods designed specifically for the rehabilitation environment. This book is a manual for practitioners, researchers, students, and lecturers interested in gaining a robust understanding of OPC methods, theoretical basis, and implementation. An e-Resource linked to the book provides access to video demonstrations, a podcast from Dr Graham, and downloadable materials including a self-assessment of OPC skills (OPC Fidelity Measure), templates for clinical work, and teaching presentation material. You can access this eResource via <http://resourcecentre.routledge.com/books/9780367427962>

life coach vs wellness coach: Total Life Coaching: 50+ Life Lessons, Skills, and Techniques to Enhance Your Practice . . . and Your Life Lloyd J. Thomas, Patrick Williams, 2011-03-28 *Total Life Coaching* by Pat and Lloyd is more than just a book. It is an interactive experience in which you will find recipes for living your life more authentically, as well as master time-honored lessons that you can bring to your coaching clients. Regardless of the personal coaching techniques or skills you may have learned, you may still not be the most effective coach you can become. This book will help you move closer to that goal. Life coaching is more than a collection of techniques and skills. It is more than something you do. Life coaching reflects who you are—it is your authentic being in action. Readers of Pat Williams's and Deborah Davis's book, *Therapist as Life Coach*, know Pat to be a gifted life coach and passionate teacher. Here Pat and colleague and writer, Lloyd J. Thomas, build

on this earlier book and share a unique insight into the coaching process, which shows you precisely how to enhance your professional practices through practical and effective life coaching. It also empowers you to change your own lives through use of the practical information and philosophy presented here. Total Life Coaching is organized into a series of 50 life lessons, and is designed to be either read cover-to-cover or dipped into, as needed, for assistance when conducting a coaching session. Keeping life's processes on the message and lesson level makes living and life coaching much easier and more enjoyable. Total Life Coaching guides you step-by-step through the complex process of learning and coaching these fifty important lessons. The lessons are organized into 8 sections: Creating a Personal Identity; Coaching Spirituality and Life Purpose; Coaching Communication Skills; Living Life with Integrity; Success: Clients Achieving their Potential; Coaching Cognitive Skills; Creating High-Quality Relationships; Understanding Your Past to Create a Desired Future. Each lesson is presented as a structured recipe and includes: The life lesson The messages contained within the lesson Coaching objectives for your clients regarding the lesson What you need to know about the lesson to provide the framework for coaching it Coaching methods, exercises, questions, and language for bringing each lesson to your clients Sample coaching conversations that exemplify the coach-client dialogue for the coaching of the lesson.

life coach vs wellness coach: Energy 4 Life Caroline Shola Arewa, 2010 Do you want more Energy and vitality in your life? One of the major health issues affecting people today is lack of energy. Most people want enough energy and vitality to live life to the full. We don't want to feel drained, exhausted and stressed out all the time. We are in need of regularly topped up, high quality energy for optimum health and wellbeing. Energy 4 Life offers a health and conscious living programme that activates your core energy. It works with the Chakras and Human Energy System. This powerful energetic approach offers the skills needed to live a Healthy, Happy and Successful life in the midst of a changing world. This is an uplifting and informative book that makes balancing the demands of 21st century life manageable.

life coach vs wellness coach: Hold on to Your N.U.T.s* Wayne M. Levine, 2007 Being a man is a full-time job, especially when you're married or in a relationship. Hold on to Your N.U.T.s can help build a life that fulfills both you and your partner by showing you how to confirm the ideas and causes you support your Non-negotiable, Unalterable Terms. The N.U.T.s become the framework for how you conduct your relationships, whether you're committed to spending more one-on-one time with your kids or not hiding out at the office to avoid problems with your wife. By laying down guidelines of what's right and wrong, what you like and dislike, you will learn to silence the little boy inside and become a strong, self-assured man who is focused on creating the best life possible for you and your companion.

life coach vs wellness coach: The Global Business of Coaching David Lines, Christina Evans, 2020-04-22 Coaching has become a global business phenomenon, yet the way that coaching has evolved and spread across the globe is not unproblematic. Some of these challenges include: different types/genres of coaching; understanding and relevance of different coaching philosophies and models in different cultural contexts; equivalency of qualifications and coach credentials, as well as questions over standards and governance, as part of a wider debate around professionalization. Coaching then, as with the transfer of knowledge and professionalization in other disciplines, is not immune to ethnocentricity. Through a combination of adopting a meta-analysis of coaching, supported with narratives of coaching practice drawn from different socio-political/cultural contexts, the aim of this book is to challenge current knowledge, understanding and norms of how coaching is, or should, be practised in different cultural contexts. This book will provide a foundation for further research in coaching as an academic field of study and as an emerging profession. It will resonate with critical scholars, coach educators, and coach practitioners who want to develop their praxis and enhance their reflexivity and be of interest to researchers, academics, and students in the fields of business and leadership, human resource development, organizational learning and development, mentoring and coaching.

life coach vs wellness coach: A Guide to Coaching and Mental Health Andrew Buckley,

Carole Buckley, 2012-11-12 It is vital that coaches have the ability to recognise mental health problems in their clients, enabling them to make an informed decision about whether coaching is appropriate. A Guide to Coaching and Mental Health provides an indispensable introduction to the assessment of psychological issues in the context of coaching. Divided into three sections, the book covers all the legal, ethical and practical considerations. Section one, Working on the Boundary, starts by exploring the distinction between normal and abnormal behaviour. In section two, What's Being Said, the authors introduce fictional case studies, which cover a range of possible mental health issues from mild depression and anxiety, through to psychoses and potentially life threatening problems. Section three, Categories of Mental Illness, guides the reader through the definition and management of the more common mental health problems. This accessible and jargon-free guide to identifying mental illness will prove invaluable for coaches and other related professionals, whatever their level of experience.

life coach vs wellness coach: Masterful Health and Wellness Coaching Michael Arloski, 2021-08 In Masterful Health & Wellness Coaching Dr. Arloski focuses on advancing the reader's understanding of the process of coaching in the health and wellness setting and guides the reader to a comprehensive level of expertise. Honing the craft as wellness coaches is the goal. Masterful Health & Wellness Coaching offers tools to become a true master of the history, research, scholarship, and techniques of wellness coaching at its highest level. Masterful Health & Wellness Coaching is divided into three parts, beginning with a foundation that great coaching is about transformation. Changing behavior needs to be viewed not through a unitary lens, but in the context of growth and development. Arloski reveals how this can be done for the client, for the coach, and for the growing profession of wellness coaching. The second part focuses on How to Be, that is, a coaches presence and way of being in the world and with a client, and the powerful effect this has upon the coaching process. Part Three takes a deeper dive into the craft of wellness coaching. Throughout Dr. Arloski references what can be learned from relevant theory and research. Masterful Health & Wellness Coaching is tailored to coaches who want to go beyond the basics of SMART Goals and accountability, beyond tracking calories and sit-ups. It is for: - Coaches who want to become scholars of coaching. - Coaches who want to develop a greater understanding of the process of behavioral change. - Coaches who want to learn more about wellness. - Coaches who want to master what the entire field of health promotion has discovered about being well. - Coaches who want to become skilled craftspeople. - Coaches who want to meet their clients with understanding, empathy, and non-judgment. Dr. Arloski believes that coaching isn't about all the things a client is doing wrong and how grim their situation is. It's about what is needed to ensure a successful future. Masterful Health & Wellness Coaching gives you the tools to start your client on the path to success and to coach him or her until their healthy-living skills are second nature. The root of the word coach can be traced to a village in Hungary, Kocs, where carriages were made in the 1500's. Coaches love metaphors and what is better than this one: A coach takes you from where you are at to where you want to go. Perfect. The client is the one with the reins and it is the coaching process that facilitates the journey.

life coach vs wellness coach: How to Be a Health Coach Meg Jordan, 2013-08-29 This step-by-step manual offers the essentials of health coaching methodology, along with integrative wellness principles, theoretical frameworks, evidence-based models, coaching session formats, and practice tools. Readers also learn effective mind-body techniques to become extraordinary health coaches.

life coach vs wellness coach: *Changing to Thrive* James O. Prochaska, Janice M. Prochaska, 2016-09-01 Changing unhealthy behaviors is easier said than done. Through interactive exercises, backed by countless research studies, Changing to Thrive will help readers progress through the Stages of Change and find the will power to create lasting change that will allow them to thrive. Changing unhealthy behaviors is easier said than done. Through interactive exercises, backed by countless research studies, Changing to Thrive will help readers progress through the Stages of Change and find the will power to create lasting change that will allow them to thrive. Eat healthy.

Exercise. Quit smoking. Cut down on drinking. Reduce stress. Changing unhealthy behaviors is easier said than done. If you're like most of us, you have already made repeated attempts to change your lifestyle and improve your well-being without lasting success. You may attribute those failures to things like lack of motivation or the "wrong genes." But it's more likely that you simply don't know how to change. In this groundbreaking book, James O. Prochaska, PhD, and Janice M. Prochaska, PhD, guide you through a six-stage process designed to help you assess your readiness to change, then tap the inner resources necessary to thrive physically, emotionally, and socially. Backed by countless research studies, the stages of change model, developed by James Prochaska in collaboration with Carlo DiClemente, PhD, has revolutionized the field of behavior change. Through interactive exercises, *Changing to Thrive* will help you progress through the stages of change and learn that you have the power within to thrive.

life coach vs wellness coach: *Life Off the Label* Colleen Kachmann, 2016-11 Colleen Kachmann kept a close eye on calories, was active with her four energetic children, and exercised regularly. But her best efforts were futile against midlife reality. Dieting led to weight gain. Her emotions were unstable. Her body hurt. Various medications proved ineffective. She wasn't sick, exactly, but she wasn't healthy, either. Sound familiar? *Life Off the Label* details Colleen's dedicated efforts to live and be well, only to discover she wasn't. She's not alone. Seventy percent of Americans are overweight and take at least one medication. Colleen did not want to be a statistic, so she deconstructed the habits and beliefs that limited her potential. What she discovered will change your life.

life coach vs wellness coach: *ROAR* Stacy T. Sims, PhD, Selene Yeager, 2016-07-05 "Dr. Sims realizes that female athletes are different than male athletes and you can't set your race schedule around your monthly cycle. *ROAR* will help every athlete understand what is happening to her body and what the best nutritional strategy is to perform at her very best."—Evie Stevens, Olympian, professional road cyclist, and current women's UCI Hour record holder *Women are not small men. Stop eating and training like one.* Because most nutrition products and training plans are designed for men, it's no wonder that so many female athletes struggle to reach their full potential. *ROAR* is a comprehensive, physiology-based nutrition and training guide specifically designed for active women. This book teaches you everything you need to know to adapt your nutrition, hydration, and training to your unique physiology so you can work with, rather than against, your female physiology. Exercise physiologist and nutrition scientist Stacy T. Sims, PhD, shows you how to be your own biohacker to achieve optimum athletic performance. Complete with goal-specific meal plans and nutrient-packed recipes to optimize body composition, *ROAR* contains personalized nutrition advice for all stages of training and recovery. Customizable meal plans and strengthening exercises come together in a comprehensive plan to build a rock-solid fitness foundation as you build lean muscle where you need it most, strengthen bone, and boost power and endurance. Because women's physiology changes over time, entire chapters are devoted to staying strong and active through pregnancy and menopause. No matter what your sport is—running, cycling, field sports, triathlons—this book will empower you with the nutrition and fitness knowledge you need to be in the healthiest, fittest, strongest shape of your life.

life coach vs wellness coach: *The Life Plan* Shannah Kennedy, 2022-05-10 With more than twenty years of experience as a professionally certified life coach in Australia, Shannah Kennedy lays out her recommended approach to life in *The Life Plan*, an easy-to-follow guide that helps readers build their confidence, declutter their lives, form strategic habits, envision their potential, prioritize their goals, and make their dreams a reality. With more than twenty years of experience as one of Australia's foremost life coaches, bestselling author Shannah Kennedy describes her approach to living your best life in *The Life Plan*, a workbook that gives you a collection of simple strategies designed to build your confidence, prioritize your goals, and make your dreams a reality in a changing world. Do you want to change your life? Do you find yourself not quite accomplishing all of your goals and dreams? Do you feel stagnant in your routine and need to establish a new one? *The Life Plan* has you covered. Shannah's time-tested strategies will motivate you to retake control over

your life, give you space to explore your true self and values, and provide a how-to manual on creating new beneficial wellness habits, prioritizing your professional and personal goals, and effectively developing and maintaining methods for self-care and the revitalization of your life. Whether you're years into building your career, have a family, and want to re-evaluate your life or you're newly out of school and looking to plan your future effectively, this book will both motivate and give you the tools to start fresh and help you succeed—all while feeling like you have a life coach in your pocket cheering you on. So what are you waiting for? Start living your best life today.

life coach vs wellness coach: Re-Imagining the End of Life Janet Booth, 2019-04-18 What does it mean to be prepared for the last part of our lives? One of the many lessons author and end-of-life nurse coach Janet Booth learned at the bedside of dying people is how painful it is to come unprepared to the end of life, whether it is our own or that of our loved ones. Much of the suffering we experience seems to come from our unfamiliarity with the journey at end of life and our not knowing how to prepare for it. So there is a need for a different kind of conversation about serious illness and dying in our country. Nurses are trusted professionals who are present with people through all of life's transitions. How might they take more leadership in these conversations? The purpose of this handbook is to provide nurses, coaches, and other health care professionals with opportunities for reflection and inspiration in their work. As nurses and health care professionals, many of us have seen firsthand that the process of navigating serious illness and death within our complex health care system is often confusing, isolating, crisis-driven, and disheartening. What outcomes might be possible if instead: * we reimagined the end of life as a vital, purposeful stage of human development? * practices of healing - forgiveness, gratitude, and letting go - became essential parts of our care plans? * wisdom instead of fear informed our challenging decision points? * we prepared for death in order to live more fully the time that we have? * the hard work of caregiving was sustainable and meaningful for both family and professional caregivers? In this book you will find fresh ideas, tools, and reflective practices that encourage you to explore your personal beliefs and values about aging, advanced illness, and dying. It is intended to inspire you to reimagine the end of life as a vital part of how we become fully human - a time of life that holds value, meaning, and purpose.

life coach vs wellness coach: Can't Hurt Me David Goggins, 2021-03-03 New York Times Bestseller Over 2.5 million copies sold For David Goggins, childhood was a nightmare -- poverty, prejudice, and physical abuse colored his days and haunted his nights. But through self-discipline, mental toughness, and hard work, Goggins transformed himself from a depressed, overweight young man with no future into a U.S. Armed Forces icon and one of the world's top endurance athletes. The only man in history to complete elite training as a Navy SEAL, Army Ranger, and Air Force Tactical Air Controller, he went on to set records in numerous endurance events, inspiring Outside magazine to name him The Fittest (Real) Man in America. In Can't Hurt Me, he shares his astonishing life story and reveals that most of us tap into only 40% of our capabilities. Goggins calls this The 40% Rule, and his story illuminates a path that anyone can follow to push past pain, demolish fear, and reach their full potential.

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life coach vs wellness coach: Authentic Happiness Martin Seligman, 2011-01-11 In this important, entertaining book, one of the world's most celebrated psychologists, Martin Seligman, asserts that happiness can be learned and cultivated, and that everyone has the power to inject real joy into their lives. In Authentic Happiness, he describes the 24 strengths and virtues unique to the human psyche. Each of us, it seems, has at least five of these attributes, and can build on them to identify and develop to our maximum potential. By incorporating these strengths - which include kindness, originality, humour, optimism, curiosity, enthusiasm and generosity -- into our everyday lives, he tells us, we can reach new levels of optimism, happiness and productivity. Authentic

Happiness provides a variety of tests and unique assessment tools to enable readers to discover and deploy those strengths at work, in love and in raising children. By accessing the very best in ourselves, we can improve the world around us and achieve new and lasting levels of authentic contentment and joy.

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stages of grief associated with the new version of yourself and provide you with life-changing tools to transform negative behaviour and unhealthy patterns.

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