

# Coaching Based On Proven Principles.



By incorporating the principles of collaboration, evocation, and autonomy into our coaching approach, our coaches help individuals achieve lasting changes and take control of their health and well-being.



## Collaboration

Our coaches view each coaching session as a partnership between the participant and coach, focused on mutual understanding and a shared goal of improving health. We believe in collaboration, and strive to create a supportive and non-judgmental environment that fosters trust and openness.



## Evocation

Motivation and commitment are strongest when they come from the participant, not from the coach. Coaches focus on drawing out the individuals own motivations and skills for change, rather than imposing ideas or telling them what to do. This approach empowers individuals to take ownership of their health and well-being.



## Autonomy

Our coaches respect individual autonomy and provide support while allowing the participant to make informed choices and “own” their success, as they set personal and meaningful goals. Our coaches help identify solutions to barriers, serve as accountability partners and provide helpful resources that help participants have the most successful outcomes.



## Success Across Populations

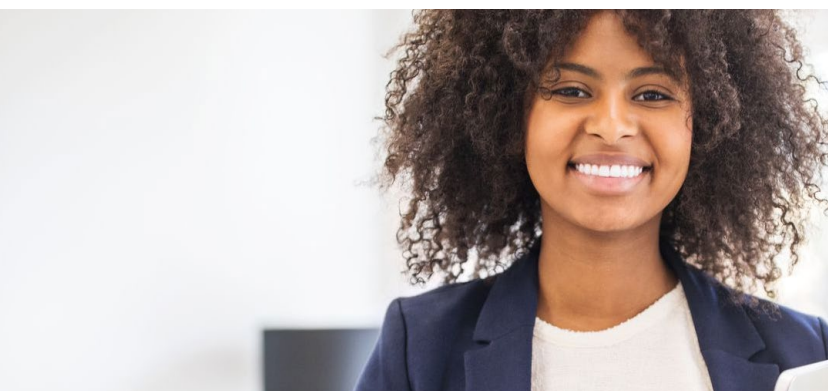
Motivational Interviewing works exceptionally well across populations. Whether your employees are dealing with chronic conditions, stress, or other health concerns, our coaching program provides the support and guidance they need to make lasting changes. With our evidence-based approach, you can be confident that you're investing in a program that delivers actual results.



## Dose Matters

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Research shows the optimal number of coaching sessions is six. One session per week for six weeks, each lasting 15-20 minutes. This schedule allows for focused and effective coaching relationships and ample time to make meaningful progress toward health goals.



## Add Health Coaching for a more Comprehensive Wellness Program

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Is your company ready to empower your employees to achieve their health goals? Contact WellSteps Health Coaching Program today to learn more about our evidence-based approach and how we can help your organization achieve its wellness goals.

## Testimonials

*My coach is an amazing Life Coach. I would have to say she is more than that. She really gets down to the root of the problems with you. She has amazing resources to share. She has such an inviting voice that I am more comfortable talking about my weight than I normally would be with anybody. I don't over eat anymore; I listen to my body. I bought shorts for the first time in 6 years. I am learning to love me no matter my size. I thank her for her encouragement to continue to grow and not stop here.*

*My coach was very easy to talk to and seemed to truly care about the success of goals. She talked about personal experiences (putting clothes out for the gym ahead of time, remembering true reason/ motivation for working out when things seem to go wrong). She was very personable and helped with ideas to overcome any obstacles I might have. I would recommend her to anyone!*

*My coach is amazing and extremely calming and approachable. She helped me and my wife cope with all the craziness in the world right now with covid and restrictions. She helped me keep my focus on my stress reduction and weight. I will miss our conversations immensely.*

Transform your workplace into a healthier and more productive environment. Call WellSteps today to learn about our customized corporate wellness programs and schedule a consultation.

**(801) 477-5447**