



(A Wellness Jump-Start) 6-Week Coaching Program.

This Coaching Program Supports Adults to Take Healthy Habit Change Action for-

1. Healthy Food Choices/Healthy Eating Goal.
2. Get Physically Active Goal.
3. Sleep Management Goal.
4. Stress Management Goal.

(You choose 1 to 4 Well-Being Goal Areas for Your Coaching)

The Program is explained in the 4 Pages below for you.

Page 2.. - **Transformational Program Benefits for You!**

Page 3. - **What You can Expect in this Program with Me.**

Page 4. - **My 3 Step Coaching FOCUS Summary.**

Page 5. - * Free Bonus Program Resources * for You!

This Program supports You to strive towards achieving Healthy Eating, Physical Activity, Sleep and Stress Management Goals.

Note: When Your Coaching Program ends, you can choose to have Additional Coaching Sessions to create New Well-Being Goals?

I look forward to Coaching with You in a (Wellness Jump-Start) Program!



(A Wellness (Jump-Start) 6-Week Program.



The Transformational Benefits for You!

- Build a Healthy Relationship with Food and Your Eating Habits.
- Enjoy increased Vitality from Eating Well, and Physical Activity.
- Look and Feel Better, from Taking Healthy Lifestyle Habit Change Actions.
- Enjoy better Sleep, Energy, improved Mood and Mental Clarity.
- Reduce Stress, from your Stress Management Goal Habit Actions.
- Help Reduce Your Risk Factors for developing Chronic Diseases (NCDs) If you are living with a Chronic Diseases (NCDs) - (Obesity, Type 2 Diabetes, or Heart Disease) this program helps you build on your Self-Management Skills for greater Metabolic Health Outcomes.
- Getting a Positive Goal Habit Outcome in the areas of Healthy Eating, Being Physically Active, Stress and Sleep Management, increases your Confidence and Belief in Your ability to achieve and sustain other Healthy Habit and Lifestyle Change Action. This encourages You to consider making further Well-Being Habit Change Goals.





(A Wellness (Jump-Start) 6-Week Program.

What You can Expect in this Program with Me.



Expect a **6-Week Online** Coaching Program:

- Our 6 Weekly Coaching Sessions will take place via my Practice Better Telehealth Coaching Platform. Please refer to (**My Online Coaching**) Website Page for further information about (Online Coaching) with me.
- Together You and I will explore and create Your **Wellness Vision/Goal Plan** and **Goal Action Strategies** (Habits) relevant to Your Chosen Goal Areas for **Healthy Eating-Food Choices, Physical Activity, Sleep and Stress Management**.
- I will provide You with Regular Goal Progress, Accountability and Encouragement (**Check-In Supports**) by Email/Messaging between our scheduled Weekly Coaching Sessions.
- You are welcome to Message/Email me, should you update your Goal Plan, Goal Actions or for assistance between our Coaching Sessions. (Mon – Fri).
- I practice a Non-Directive, Solution-Focussed Coaching Style. However on occasion and (with your permission) I will suggest, signpost and offer Learning and Skill Exercise Resources which are relevant and helpful for Your Goal Habit Actions.

Please Note: Should you wish further Coaching Support to help you Take Your New Habit Actions and embed them in to further sustainable Healthy Habit Lifestyle change, You and I can discuss (Additional Coaching Sessions Options) available for You.

Perhaps you wish to pursue other Well-Being Goal Areas, for example (**Weight Management, Mental Well-Being, Life Balance and Life Satisfaction**)? You can request additional Coaching Sessions at the end of this program.

Emmet Quigley
HEALTH & WELLNESS COACH



(My 3 Step Coaching FOCUS Process) Summary.

Step 1. You and I Agree to Enter a Coaching Program Agreement.

I will send you these Coaching Tools and Items to Prepare for our Coaching Program.

A Well-Being Self Assessment & GP Coaching Approval Form.

(Please complete Your Well-Being Self Assessment and GP Coaching Approval Letter.

These can be returned to me by uploading items in Your (Practice Better) Portal Account or by Email.

Step 2. You and I Schedule our First Coaching Session to Begin Your Coaching Program.

When I receive Your signed Coaching Agreement, Well-Being Self Assessment and GP Coaching Approval Letter,

I will contact you to schedule a date and time for our First Coaching Session.

Our First Coaching Session will involve -Reviewing Your Well-Being Self Assessment Report.

Then You and I Create Your (Wellness Vision, Goal Plan and Goal Action Strategies.

Step 3. Follow Up Coaching Sessions - Goal Plan & Goal Actions Review.

Your Follow Up Coaching Sessions Provide-

A Review of Your Well-Being Goal Progress. Success, Challenges and supports for Your Solution-Focussed Goal Achievement Actions.

Between our Scheduled Coaching Sessions, I will offer You regular Goal Progress (Check-In) Email/Messaging supports.

(With Your Permission) - I can also provide and direct you to relevant Self-Learning Goal Resources.

IMPORTANT; I encourage you to access Your Online (Practice Better) Client Portal Features.

(Practice Better) enables you to update your Wellness Vision, Goal Plan and Goal Actions and

Upload Your Mood, Food, Sleep and Physical Activity Logs, (If You Wish?) You can also Reschedule our Coaching Sessions.

I hope My Coaching Program Description is helpful for you to learn about what I can offer You. Please Click on the Arrange Your Free Discovery Call to schedule a Conversation with me and find out if we can work together towards your WellBeing Goals.

If for any reason you encounter difficulty choosing a suitable time to speak with me via my Calendly feature? Then drop me an Email with suitable dates and times and I will contact You.

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(A Wellness Jump-Start) 6-Week Program).

Free Bonus Program Guides for You!



The (4 Free Bonus Goal Guides) are [My Welcome Gift](#) for You in Your Program. When You and I enter our Coaching Agreement, (The Free Bonus Guides) are available for you via My Practice Better Platform. [Bonus Guides](#) have a €70 Purchase Value and are provided for Your Coaching Use **ONLY!** [Do Not Edit or Sell Programs](#) - Copyright Legal Protections Apply

- 1. GETTING STARTED WITH YOUR FIRST HABIT.** (7-Day Program Guide) This is a really helpful PDF Program Guide to help you Set Off creating Your First Habit Change Action. It asks you to spend 7 days reflecting on the reasons you wish to make a Habit Change and suggests ideas how to best prepare and equip yourself for Successful Goal Habit Outcomes. [Top Tip: After You and I Agree to Enter a Coaching Program, I encourage You to use this Guide to Prepare for our First Coaching Session](#)
- 2. A Guide To Achieving Your Better Sleep Goal:** Improve Your Sleep Habit: A Sleep Goal Guide to inform you about how Sleep Hygiene, Food Choices, Physical Activity, and Stress Management Actions can support your Better Sleep Goal.
- 3. YOU ARE WHAT YOU EAT** (14-Day Program Guide) This 2-Week Habit Program PDF Guide encourages you to explore Mindful and Intuitive Eating Habits. It also suggests for You to record a 6 Day Food Log, as you Start your Coaching Program. [Top Tip: Complete this 6 Day Food Log Journal before our First Coaching Session, or just after and Upload/Send to me?](#) The Food Diary provides an overview of your Food Choices and Eating Habits and a Macronutrient (Carbohydrate, Fat & Protein) Summary, which can assist your Goals. Evidence Based Research demonstrates Journalling to increase potential for achieving your Goal Outcomes!
- 4. REDUCE YOUR STRESS** (14-Day Program Guide) This 2 Week Habit Program PDF Guide explores What is Stress? How can we Reduce Stress to help us achieve our Well-Being Habits and manage Life Challenges? This Program will help your Stress Management Goal by providing Guidance and Practical Exercises like, Deep Breathing and how to incorporate Stress Reduction with your Healthy Eating, and Physical Activity Habit Actions.

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