

## 3 Steps to Becoming a Successful Women's Health Coach with Impact!

WORKBOOK



Watch The Corresponding Webinar Here

## 1

## Step One

## Health Coaching Communication Skills



- Set the stage with a regulated nervous system.
- Think in questions. (Also works for kids, family, work colleagues.)

"I've been exhausted for the past year!"



- What does optimal health look like for you?
- What do you think is causing your fatigue?
- What is the next step that could help your fatigue?
- What is your bedtime/ morning routine?
- How is your sleep?
- What is your light/ dark daily exposure pattern?

Step Two

## Functional Nutrition for Women's Health



#### Your client's gut-brain-endocrine system is a mess.

- Is she tracking her stress?
- How is she starting her day?
- Is she detoxing/ nourishing daily?
- What is her Web of Support?

Before we even need any biometric (including functional testing), we can optimize the foundations. Is she tracking her stress?

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### Functional Nutrition for Women's Health



## Your client has perimenopausal weight loss resistance, fatigue, bloating, and headaches:

- Get up, grab phone, rush to get everyone ready.
- · Check work email.
- · Skip breakfast.
- · Coffee in the car.
- Workout before work.

- Get up, drink a full glass of water with electrolytes outside in the morning sunlight.
- Eat breakfast + tea with family.
- · Mindful movement before work.
- Music while getting ready and in the car to work.
- · Check work email at work.

# Step Two

## Functional Nutrition for Women's Health



Before we even need any biometric (including functional testing), we can optimize the foundations.

Is she detoxing/nourishing daily?

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### Functional Nutrition for Women's Health



#### Your client is struggling with infertility:

- Very stressed at work and by fertility journey.
- Very little support network.
- Constipation.
- Less than 5 vegetables daily.

- Daily journaling practice to reduce her stress.
- 3 very supportive friends + art.
- Bristol 4 daily bowel movement, magnesium, 8+ vegetables daily, greens powder daily, hot yoga 4 times per week, and hot bath nightly.



## Functional Nutrition for Women's Health



Before we even need any biometric (including functional testing), we can optimize the foundations.

now strong is fier	Web of Support:
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- Most programs dive right into marketing.
- BUT... starting with business model is the secret to success without burnout!

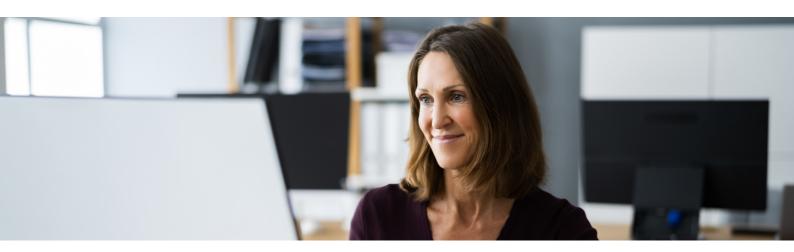
You are burned out working with 1:1 patients:

- Group coaching programs
- Digital products
- Influencer / educator
- Best selling author
- Global speaker

You love going deep, and would love for your clients to take a more active role:

- Hybrid clinical/ coaching practice
- Lead with a coaching program and then self-refer (and/or refer to colleagues)
- 1:1 coaching (in person or telehealth)
- Hybrid 1:1 and group coaching





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Schedule a Call with a Career Coach Today!