

THE  
integrative  
women's health  
INSTITUTE

# 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.)*

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“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?

# 2

## 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?

Before we even need any biometric (including functional testing), we can optimize the foundations. How is she starting her day?

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# 2

## Step Two

### 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.



# 2

## 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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# 2

## Step Two

### 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.

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# 2

## Step Two

### Functional Nutrition for Women's Health



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

**How strong is her Web of Support?**

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assistants**

**friendship  
/ laughter**

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**child care**

**YOU**

**carpool**

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# 3

## Step Three Foundational Business Skills



- 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!**