Experience and practice

Capacity coaching

Care That Fits conference
Rochester, MN 2023
Experience coaching

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LIVE DEMONSTRATION 1 of 2
reflection
LIVE DEMONSTRATION 2 of 2
reflection
Revisit 'coach' definition
“Health & wellness coaches partner with their clients seeking to enhance their well-being through self-directed, lasting changes, aligned with their values. [HWCs] display an unconditional positive regard for their clients and a belief in their capacity for change, honoring the fact that each client is an expert on their own life, while ensuring that all interactions are respectful and non-judgmental.”
“What does health mean to you”
“I want to build a house.”