

## The Health Coach Difference!

### WHAT'S A HEALTH COACH?

Health coaching is a relatively new profession. The idea behind it is really rooted in how we, as human beings, operate. As a health coach, I help you work with your unique body, and take into consideration how everything in your life affects your health and wellness.

At the first glance, you may think what a health coach does is not much different from a conventional nutritionist or dietician, or a diet program. However, there are some subtle nuances that make our approach superior in terms of *creating a positive change that last, instead of delivering a Band-Aid solution!*

#### **I am Your Health Advocate**

- I work with the concept of bio-individuality. My approach is client-driven. Instead of getting a one-size-fits-all meal plan based on a cookie-cutter approach or one fad diet, I create **customized** plans based on your individual circumstances, lifestyle habits, health condition and other needs.
- I approach nutrition as “whole foods”, instead of compartmentalizing them into individual nutrients such as calories, carbs, proteins, fats etc. Why? Because the synergistic relationship among these various components when they are ingested in the form of whole foods deliver much more benefits than when they are taken as individual nutrients.
- Because we live in the age of information overload, you don't need more information, you need to know which information to use and how to make them work for your life. Therefore, my coaching is goal- action-result oriented and my approach focuses on implementation and integration, so that healthy changes are integrated into your life.

**My Rocking Health Coaching Program brings you guidance and support:**

- A plan of ACTION that is realistic, practical and actionable
- GUIDANCE to implement changes that work with your lifestyle
- SUPPORT to stay on track
- ACCOUNTABILITY that leads to success that lasts a lifetime

I will guide you over several weeks or months with many sessions that last 45 minutes. I support you every step of the way so that you are able to change old habits and look into lifestyle choices, resulting in meaningful and positive behavioral changes that last for a long time, delivering long-term health benefits.

Instead of treating the symptoms, I work with you to get to the underlying causes of your health concerns. We look together at how issues such as stress, emotional distress, physical activities, lack of “soul nourishment” etc. affect our overall wellbeing and I help you cultivate the awareness to improve all areas of your life.

I will guide you to work with your body on healing itself so that you can eventually reduce the amount of medication that you rely on.

Instead of forcing you to stick to some “plan” which does not work, I first *listen* to your needs and concerns, then work with you to get over blocks or resistance, making any behavioral changes stick for good !

***As your Health Coach, I will be there to support and motivate you to live your life to the fullest!***

**What is “Not” Taking Action Costing You?**

If you invest in your health and wellness today, you will recover your investment and more, through savings in medications, doctor's visits, unnecessary supplements, fad diets, ineffective treatments, as well as increased productivities and surely fewer sick days!

***Can you put a price on more vitality, less stress, and healthier & happier existence?***

You want to know how I can support you reaching a healthier life or just curious to know more on my programs? I invite you to a **“Free 15 minute session”** during which we will discover how I can help, guide and motivate you create a healthier and happier life!

Contact me at [damon@rockerhealth.com](mailto:damon@rockerhealth.com) or by phone at **514-691-9843**