

# Health Coaching Package



## What this package entails:

*"I know what to do, I just don't do it!"... how many times have you said some version of this to yourself when it comes to making changes and improvements around your health, nutrition, movement and well-being? 70% of needed changes are not effectively carried out due to the lack of individualized accountability. Health Coaching sessions will create a management system designed to your lifestyle. Health coaching is client-centered and grounded in theories of behavior change. Kerri will collaborate with the you to identify goals and action plans that maximize your personal well-being and overall health. This holistic approach is centered around empowering you, using solution-focused techniques like motivational interviewing, SMART goalsetting, and problem-solving.*

## Health Coaching Package includes:

- ❑ 6 virtual sessions with Kerri, a Registered Dietitian and Personal Trainer
- ❑ An in-depth review of your personal history with making change
- ❑ Current food and behavior research and science
- ❑ Science summaries & educational handouts
- ❑ Systematic review and prioritization of your desired health changes
- ❑ Health Coach Plan with both short-term and long-term SMART goals
- ❑ Collaborative development of tools to support your accountability

## How we work together: 6 Weekly Coaching Sessions

*Session 1- Exploration of you: A background gathering session to help Kerri understand what influences your health, how you approach change, your goals and expectations while working with her.*

*Session 2- Action Planning: With the support of motivational interviewing, Kerri will explore with you the desired changes you want to see. With Kerri's guidance, you will then systematically prioritize these changes and layout a plan with both short- and long-term SMART goals.*

*Session 3- Support & Accountability: Kick off the process of "getting on the same page." Kerri will review your SMART goals and collaborate with you to identify the support and accountability you need. You will explore what support looks like to you, and how to obtain it from her and others around you.*

*Session 4-6: Testing, Testing 1,2,3: Now it is your turn to implement changes with Kerri's support and guidance. In these 3 sessions, you will explore how effective implementation has been, make needed adjustments and update your SMART goals and plan.*

## The cost of the package: \$95.00 per session

- ❑ One-time payment of \$510.00 (10% discount) **Or** \$95.00 is charged to your credit card weekly for the duration of the package/6 weeks.
- ❑ This package must be used within 3 months from the start of session #1 (*all remaining charges will be collected on that expiration date*)
- ❑ To maximize your package, consider adding the **Text Check Package** for a one-time fee of \$95.00. Every week of your package you will receive a designated text message/email from Kerri, including: 1) a list of your SMART goal/s from your previous session 2) a question about your progress 3) an identification of barriers 4) your thoughts on overcoming those barriers and next action steps.