

# TEAM UP TO ACHIEVE AND MAINTAIN YOUR GOALS



Do you wish you had a trusted advisor to help you plan and achieve your wellness goals?

*"I made a lot of changes. I'm working full time, I'm sleeping better, saying 'no' without guilt, my knees don't hurt anymore, my blood sugars are better, I'm going to the doctor now. I couldn't have done all of this without you."*  
- Jeanette W.

*"I have saved \$1600 for the first time."* -Michael G.

*"I feel coaching with you has been very helpful with keeping me to stay on track with my goals and my motivation. My wife is also losing weight and making healthier choices. It's been a big family change."* -David B.

*"Feeling great! I am feeling confident. I am doing a fundraiser project with my son."* - Susan R.

*"This is the new me! My BP is down to 125/80. I don't use my CPAP machine anymore. I'm breathing easier and sleeping better. I know it's from exercising and eating healthier."* -Debbie J.

Does a ribbon of thoughts and questions keep running through your head? Maybe some of them sound like this...

- Why don't I have more energy?
- Why do I eat unhealthy meals and never stick to an exercise plan?
- Why is my schedule so full and yet I am unfulfilled?
- Why don't I take better care of myself?
- How do I move forward in my career?
- Why can't I quit smoking?

## HAVE YOU HIT A BUMP IN YOUR LIFE'S ROAD MAP? BEACON HEALTH OPTIONS LIFE COACHING PROGRAM CAN HELP YOU GET BACK ON COURSE.

A life coach can help clarify your goals, values, behaviors and aspirations. The coach provides you with information, support, encouragement and accountability, so that you can attain your goals and achieve your maximum personal and professional potential!

## PLAN OF ACTION

Connect with a coach on the phone and on the Web. Together you will create an individualized plan around your needs and goals. Through planned activities, coach-selected educational resources and other methods, your coach will work one-on-one with you to get you "just what you need when you need it!"

## STAY FOCUSED

Through the web site you get your own personal membership page where you can connect with your coach via e-mail, journals, activity trackers, goal setting, or any combination of these tools to stay on course.

## CONFIDENTIAL

Coaches are licensed professionals who are also certified coaches. The service is highly confidential, as coaches must adhere to both the code of ethics provided by their professional state licensing board as well as the International Coach Federation's code of ethics.

## A COACH HELPS YOU:

- identify your beliefs, values and vision
- create an action plan to achieve your goals
- eliminate roadblocks or barriers that stand in the way
- celebrate

To learn more and/or enroll, call **(855) 281-1601**.  
International Coach Federation's code of ethics.

## NO COST

Coaching is a component of *Healthy Steps to Wellness*. These services are free to those participating in the wellness program!

