

## What is Integrative Health and Wellness Coaching?

Integrative Health and Wellness (IHW) Coaching is a client-centered, relational approach to working with individuals collaboratively to address the health and wellbeing of the whole person. It acknowledges the interdependent roles of mind, body, and spirit, and the innate healing capacity within each person, with an emphasis on self-care.

An integrative health and wellness coach forms a partnership with individuals or groups to empower and support them in achieving their personal goals related to optimal health and wellness.



### What do we focus on in an Integrative Health and Wellness Coaching session?

- What is most important to you in life and what you want your health and wellbeing for.
- The core areas that affect your health and wellbeing—how you would rate your satisfaction with each, currently, and which areas need more attention than others.
- Your behavior change goal to improve your health and wellbeing.
- Action steps to achieve this goal.

Additionally we will discuss what may support you in completing your action steps, establish timelines, accountability strategies, and anticipate possible challenges.

### An AWCIM Certified IHW Coach

- Partners with you in achieving your personal goals to improve your health and wellness.
- Is fully present with each encounter.
- Recognizes the innate wisdom and healing potential within you.
- Meets you where you are on your journey, without judgment.
- Enters each encounter as a facilitator, not as the expert.
- Emphasizes self-care and self-empowerment with you

### Why is Integrative Health and Wellness Coaching effective?

- Coaching works with the whole person—addressing all core areas that influence your health and wellbeing.
- You are in charge of your health and wellbeing—coaches ask powerful questions and facilitate the process to maximize your potential for success.
- You and your coach partner work to identify and articulate your goals and the actions to achieve them.
- Coaches have a wealth of knowledge in lifestyle and integrative approaches for optimal health and wellbeing.

### An AWCIM Certified IHW Coach is thoroughly trained and evaluated.

- At least 140 hours of integrative health and wellness course work.
- Over 140 hours of coach training.
- Rigorous evaluations of coaching skills, Motivational Interviewing proficiency, and documentation of 70 hours of practice coaching sessions.