



Wellness Coaching

Kisiel Coaching offers wellness coaching packages to improve eating and exercise habits, reduce stress, raise energy levels, and attain life balance and contentment.

Make it your lifestyle...

Wellness coaching helps clients achieve lasting behavior change through connection with their life priorities and inner motivation. Wellness coaching is a partnership between a coach and client, which provides structure, accountability, expertise and inspiration to empower the client to reach a higher level of wellness. Through wellness coaching clients develop greater self-awareness and confidence and learn how to make sustainable lifestyle changes.

Wellness Questionnaire

At the onset of a wellness coaching relationship the client completes a detailed wellness questionnaire. The questionnaire explores the client's long and short-term goals, accomplishment history, life satisfaction, stress, sleep, energy level, feelings, nutrition and exercise habits, and coaching experience and expectations.

Initial Consultation

After review of the questionnaire the coach and client conduct the initial consultation. The consultation is approximately 90 minutes and held in person or on the phone in which case the coach incurs all charges. During the consultation the coach clarifies answers on the wellness questionnaire and assists the client in developing a **personal wellness plan**, which consists of a wellness vision, three-months goals and weekly goals.

Wellness Vision

This is a vivid picture of what kind of person the client wants to be with respect to health and wellness including physical appearance, feelings and behaviors. Through probing, open ended questions the coach assists the client to identify and clarify this vision. Together the coach and client determine the client's most important motivators for change that are powerful enough to keep the client engaged and committed. Client strengths and past successes are discussed along with potential obstacles and resolution strategies.

Three-Month Goals

Once the wellness vision is established three-month behavioral goals are set which will move the client in the direction of achieving the wellness vision. Three months is used because it is close enough to create a sense of urgency and long enough to see change. Goal setting helps clients establish new health behaviors and provides a measure of success and progress from baselines.

Weekly Goals

To support the three-month goals, weekly goals are also set. Each goal is a step towards the three-month goals and reaching the client's ideal state of wellness. Small, gradual behavior change leads to big, permanent lifestyle change.

Follow-Up

Scheduled Sessions

After the initial assessment clients will schedule regular follow-up sessions. Sessions are approximately 45 minutes and conducted in person or on the phone in which case the coach incurs all charges. During this session the coach and client review accomplishment on the previous week's goals. Successes are celebrated and problem areas are examined together. The coach asks the client challenging questions intended to elicit thought, creativity and the client's solutions for change. From this discussion new goals are set and committed to for the following week.

Between Sessions

Clients have unlimited email access to the coach between sessions. Phone contact is also available and limited to one 15-minute call per week.

Just In Time Sessions

Clients may add follow-up sessions to regularly scheduled sessions as needed and time allows.

Pricing

All prices include New Mexico Gross Receipts Tax.

Initial Consultation: \$100/one-time fee

Follow-up Sessions: Are offered at a monthly rate. Final price is based on client needs, topic(s) to be addressed, and session frequency.

Add wellness coaching to weekly personal training sessions and receive a 20% discount on wellness coaching follow-up sessions.