

A WELLNESS COACH:

Partners with clients to help gain knowledge, skills, and tools to become active participants in their care so they may achieve their self-identified health/wellness goals.

IS WELLNESS COACHING FOR YOU?

NUTRITION

Are you at your optimal weight/body composition?

Do you need help choosing your daily food?

MOVEMENT

Have you set aside time for daily exercise?

Do you need cardio or resistance training?

SLEEP/STRESS

Do you have trouble sleeping?

Need help coping with stress?

HYDRATION

Unsure about how much water you need to drink each day?

ROLE OF THE COACH:

- Client centered
- Builds on client strengths
- Accepting
- Non-judgmental
- Supportive

ROLE OF THE CLIENT:

- Open to learn
- Ready to change
- Willing to practice new skills
- Identify barriers/challenges
- Willing to share feelings



Wellness Coaching Rates:

\$120 per month

(4 Sessions)

Thereafter: \$15 –30 minutes

3 Month Package: \$300

(12 Sessions)

Optional payment plan:

\$120 1st Month \$90 2nd & 3rd with
Signed Contract

Require 1 Month minimum

Open to Members;
Sessions + Daily Guest Fee/Public

For questions or to schedule a coaching session, contact the coach of your choice directly. Sessions will be scheduled during mutually agreeable times.

YMCA Phone: 336-625-1976

343 NC HWY. 42 N

www.randolphasheboroymca.com

Wellness Coaching



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Randolph-Asheboro YMCA

Wellness Coaches



Karen Kiser-Kling
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Health and fitness have always been important values in my life. After many years in the field of education, I realized that these areas could be combined to help others. In 2010 I began as a group fitness instructor and added other certifications from International Fitness Trainers of America in the areas of cycling, weight training, and personal training. In 2013 I was certified in YFIT (a nutritional and body composition program). I completed Health and Wellness Coach Certification from UNC-G in Greensboro. Seeing others reach their goals is exciting. My mission is to use coaching and informational skills to help others achieve their health and wellness goals.



Scarlet Brady
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In 2011 I began my own personal health journey. After losing over 60 pounds and attending group fitness classes at the Y, I knew I wanted to share health with others. I became certified in Pilates and Yoga in 2013 from the International Fitness Trainers of America and began teaching that same year. Wanting to expand my knowledge and services, in 2016 I received my Personal Trainer Certification from IFTA and later that year my Nutritional Coaching Certification from Fierce 4 and IFTA. I am now on a mission to inspire healthy living!

Readiness for Lifestyle Change

Please respond to each of the following questions:

1=Not True 2=Rarely True 3=Sometimes True 4=Mostly True 5=Very

| | |
|---|--|
| I am ready to make the changes needed in this area of my life. | |
| I am capable of making the changes needed in this area of my life. | |
| I believe making these changes will improve my life. | |
| I have the resources and opportunities that will make these changes possible. | |
| Making the change in this area is worth the time and effort. | |
| I have the time to invest in making the changes needed in this area of my life. | |
| I am excited to make the changes in this area of my life. | |
| I am fearful of what might happen if I do not make the changes in this area of my life. | |
| My environment supports me in making the changes in this area of my life. | |
| I am choosing to make the changes in this area of my life. | |
| Total Points | |

| Total Points | Readiness Level | |
|--------------|-----------------|--|
| 40-50 | High | Congratulate yourself – you are ready to make the changes you have selected! |
| 30-39 | Moderate | What would help you be more ready to make the changes you have selected? |
| 20-29 | Low | Explore your answers with your coach – what is holding you back? |
| Below 20 | Very Low | Explore your answers with your coach – consider choosing another focus area |