

her collective wellness coach

Her Collective Wellness Coach: Finding Your Tribe for a Healthier You

Feeling overwhelmed? Like you're navigating the world of wellness alone? You're not. This post dives deep into the power of "her collective wellness coach," a concept that's shifting the landscape of self-care. We'll explore what it means, the benefits it offers, and how finding your tribe can supercharge your journey to a healthier, happier you. We'll also uncover the practical steps to finding the right collective and maximizing your experience. Ready to discover a revolutionary approach to wellness? Let's get started!

What is a "Her Collective Wellness Coach"?

Forget the solitary image of wellness – think community. A "her collective wellness coach" isn't a single person; it's a supportive network of women, often guided by a facilitator or experienced coach, dedicated to collective growth and well-being. It's about leveraging the power of shared experience, accountability, and mutual encouragement to achieve individual and collective wellness goals. This could manifest as a book club focusing on mindful living, a fitness group emphasizing healthy habits, or a supportive online community offering peer-to-peer coaching and resources. The key is the collaborative aspect, fostering a sense of belonging and shared purpose. It's about recognizing that wellness isn't a solo journey, but a journey best undertaken with others.

The Benefits of a Collective Approach to Wellness

The benefits of a "her collective wellness coach" extend far beyond individual progress. Here's why this approach is so powerful:

Increased Accountability: Knowing you're part of a group creates a natural sense of accountability. You're less likely to skip a workout or miss a meditation session when you know others are counting on you – and you're counting on them.

Enhanced Motivation: Sharing your journey with others fosters motivation and inspiration. Seeing the progress of others and celebrating their successes fuels your own determination. Hearing others' struggles can also normalize challenges and remind you that you're not alone.

Reduced Feelings of Isolation: Wellness can sometimes feel isolating, especially when facing personal struggles. A collective provides a safe and supportive space to share vulnerabilities and receive empathetic understanding. This shared experience fosters a sense of belonging and significantly reduces feelings of loneliness.

Expanded Perspective and Knowledge: Collective wellness brings diverse perspectives and experiences together. You gain access to a wealth of knowledge and resources, learning

from others' successes and mistakes. This collaborative learning environment accelerates your own personal growth.

Shared Celebrations and Support: Celebrating milestones together amplifies the joy and accomplishment. Similarly, having a supportive community to lean on during challenging times provides invaluable emotional resilience.

Cost-Effectiveness: While individual coaching can be expensive, collective wellness often offers a more affordable option, making holistic wellness accessible to a broader range of individuals.

Finding Your Perfect "Her Collective Wellness Coach"

Finding the right collective is crucial. Here's how to navigate your search:

Identify Your Needs and Goals: What are you hoping to achieve? Weight loss? Stress reduction? Improved mindfulness? Clarifying your goals helps you identify collectives aligned with your aspirations.

Explore Different Formats: Online communities, in-person groups, workshops, and retreats all offer different experiences. Consider your personality and lifestyle to determine the best format for you.

Research and Review: Check online reviews, testimonials, and social media groups to get a sense of the collective's culture and effectiveness.

Attend Introductory Sessions: Many collectives offer free introductory sessions or workshops. This allows you to experience the community firsthand before committing.

Consider the Facilitator or Coach: A skilled facilitator can significantly impact the group's dynamics and effectiveness. Look for someone with relevant experience and a supportive approach.

Trust Your Gut: Ultimately, the best collective is one that feels right for you. If something doesn't feel quite right, don't hesitate to move on.

Maximizing Your Experience in a Collective

Once you've found your collective, here are some tips for maximizing your experience:

Active Participation: Engage actively in discussions, share your experiences, and offer support to others.

Set Realistic Goals: Start with achievable goals to build momentum and maintain motivation.

Be Open to Feedback: Embrace constructive criticism and use it as an opportunity for growth.

Celebrate Successes: Acknowledge both individual and collective achievements.

Maintain Consistency: Regular participation is key to reaping the full benefits of the collective.

Be Patient and Kind to Yourself: The journey to wellness is rarely linear. Be patient with yourself and others, and celebrate small wins along the way.

Conclusion

The "her collective wellness coach" represents a powerful paradigm shift in self-care. By embracing community and collaboration, women can unlock unparalleled support, motivation, and growth on their paths to improved well-being. Finding your tribe – your collective – isn't just about achieving individual goals; it's about building a network of support that enriches your life in countless ways. Start your search today and discover the transformative power of collective wellness.

FAQs

1. Is a "her collective wellness coach" right for everyone? While a collective approach works for many, it might not suit everyone. Introverts might find large groups overwhelming, so consider your personality when choosing.
1. What if I miss a session or two? Most collectives understand life happens. Communicate with the facilitator and other members if you need to miss a session.
1. How much does a "her collective wellness coach" typically cost? The cost varies greatly depending on the format, location, and services offered. Some are free, while others may charge a monthly or annual fee.
1. Can I find a "her collective wellness coach" online? Absolutely! Many online communities and platforms offer virtual collective wellness programs.
1. What if I don't click with the group? It's perfectly acceptable to leave a group that isn't a good fit. Don't feel obligated to stay if you're not feeling supported or engaged. Keep searching until you find your perfect wellness tribe.

her collective wellness coach: *Becoming a Health Coach* Jules Hawthorne, 2024-10-09

Becoming a Health Coach: A Comprehensive Guide to Integrative Wellness by Jules Hawthorne is your ultimate roadmap to a fulfilling career in health coaching. This guide delves into the essence of health coaching, a profession that has seen a meteoric rise in popularity over the past two decades. Discover how integrative wellness-encompassing physical, emotional, spiritual, and mental health-can transform lives. Whether you're aspiring to become a health coach or seeking to deepen your understanding of integrative wellness, this book offers invaluable insights and practical advice. Learn how to empower clients to take charge of their health, make sustainable lifestyle changes, and achieve their fullest potential. Embark on a journey that not only promises a rewarding career but also a transformative way of life.

her collective wellness coach: The Health Coach Collective Marsie Ross, Anneka Davis, Ashley Murdock, Debbie Carter, Jodi Jordan, La Tina Thomas, Melody McClellan, Michelle Knights, Radiah Rhodes, Stacey Brass-Russell, Jeanette Chandler, 2019-10-19 For so many of us, becoming and staying healthy and happy is almost a fairytale. When we see people who seem to have it figured out, many of us believe that we could never achieve such success. We wish we were those people but often believe we can't kick our old bad habits. We secretly envy those people who seem to be so enlightened, but we often overlook their journey. The famous author and poet Maya Angelou said it best, You see my glory, but you don't know my story. For the first time, you will hear directly from health and life coaches their story, including setbacks and triumphs so that you can finally see that you have what it takes to be the healthy and happy badass of your dreams!

her collective wellness coach: Social Therapeutic Coaching Carrie Sackett, Murray Dabby, 2023-12-22 Combining social therapeutics with the practice of coaching, this book guides coaches and mental health professionals in how to coach groups and couples using this innovative method. Drawing from the authors' combined 50 years of experience, *Social Therapeutic Coaching: A Practical Guide to Group and Couples Work* empowers practitioners to break away from focusing on individual change to focusing on groups and their emotional growth. Early chapters touch on the history of coaching and powerful discoveries of social therapeutics before diving into how to lead a social therapeutic group. Sackett and Dabby explain how to incorporate the concept of human relationality into coaching sessions, demonstrating how it extends group work beyond assembling like-minded individuals with similar goals into bringing together diverse people with diverse issues that they want to work on and grow around. It also brings a fresh lens to working with couples, in which the focus is on discovering what the relationship needs, rather than trying to get individuals to compromise, change or work towards a preconceived shared vision for an end goal. Written in an accessible style and filled with extensive case studies and examples, *Social Therapeutic Coaching* provides a powerful toolkit for coaches, counselors, psychotherapists, social workers, HR and talent development professionals, community-based leaders and social entrepreneurs.

her collective wellness coach: *Inhabit Your Joy* Elena Sonnino, 2022-01-31

her collective wellness coach: Collective Wisdom Grace Bonney, 2021-11-09 In the much-anticipated follow-up to the bestselling *In the Company of Women*, Grace Bonney turns to older women in a celebration of intergenerational bonds between women, and the role those bonds play in sharing vital knowledge, stories, power, and history through generations.

her collective wellness coach: Love Big Rozella Haydée White, 2019-05-07 Love has the power to transform us In the words of Mother Teresa, We have forgotten that we belong to each other. This lapse in memory has caused deep fractures and allowed fear, hatred, and division to infect our lives together. We've become disconnected from each other and from our very selves. In *Love Big*, leadership coach Rozella Haydée White introduces readers to the power of revolutionary relationships. Modeled after the image of God as a lover, these relationships can heal the brokenness of our lives by crossing over the dividing lines of race, gender, religion, orientation, ability, identity, and class to provide relief and inspiration. Revolutionary relationships will usher us into a reality marked by love, connection, and a belief in abundance. Revolutionary relationships lead us to love big--to love despite hardships and fear; to love in the face of despair; to love ourselves

and others deeply and passionately; to love in ways that change us all.

her collective wellness coach: Homeschool Mama Self Care Teresa Wiedrick, 2020-12-02
Do you want to thrive as a homeschool mama? In this book Teresa Wiedrick gets to the heart of the issues surrounding your less-than-thriving experience with homeschooling and offers helpful tips and strategies that will take you beyond mere survival. While it contains tips for nurturing the nurturer, it is much more than just another thing for your to-do list. You will feel validated and understood, and enjoy some humor as well. Just starting out? Teresa has wisdom for you as an experienced Mama.

her collective wellness coach: Wellness Coaching for Lasting Lifestyle Change Michael Arloski, 2014
Arloski blends the wisdom of the wellness field with the proven processes of the coaching profession to create an easy-to-use training tool. The result is the perfect training tool for wellness professionals of all kinds: disease management professionals, professional coaches, EAP professionals, counselors, and therapists.

her collective wellness coach: Break Free from Heart Attack Fear Lisa Steele George, 2024-05-20
Are you fighting new fears and lacking confidence in your body and mind since a major health crisis or from having to endure a horrible life stressor? Are you confused as to how this happened in the first place? Are you and you loved ones left in a state of shock? You are not alone and there is help for you to get to the other side of this: the Heart Healing Process, a part of the powerful book, *Break Free from Heart Attack Fear: A Survivor's Guide to Embrace Your Truth, Regain Confidence & Restore Control*. It will teach you how to overcome the physical and emotional suffering, pain, shame and guilt associated with a major health issue or a major life stressor. Health events, like a heart attack, are not death sentences. Instead, with supportive guidance from this book, you will have a powerful turn around and life changing experience that will propel you into living with confidence, vibrancy and without fear, loneliness or self-doubt. Major life stressors are not the end all either. This book will teach you how to navigate through discovery and recover, the stages of grief associated with the new version of yourself and provide you with life-changing tools to transform negative behaviour and unhealthy patterns.

her collective wellness coach: Masterful Health and Wellness Coaching Michael Arloski, 2021-08
In *Masterful Health & Wellness Coaching* Dr. Arloski focuses on advancing the reader's understanding of the process of coaching in the health and wellness setting and guides the reader to a comprehensive level of expertise. Honing the craft as wellness coaches is the goal. *Masterful Health & Wellness Coaching* offers tools to become a true master of the history, research, scholarship, and techniques of wellness coaching at its highest level. *Masterful Health & Wellness Coaching* is divided into three parts, beginning with a foundation that great coaching is about transformation. Changing behavior needs to be viewed not through a unitary lens, but in the context of growth and development. Arloski reveals how this can be done for the client, for the coach, and for the growing profession of wellness coaching. The second part focuses on How to Be, that is, a coach's presence and way of being in the world and with a client, and the powerful effect this has upon the coaching process. Part Three takes a deeper dive into the craft of wellness coaching. Throughout Dr. Arloski references what can be learned from relevant theory and research. *Masterful Health & Wellness Coaching* is tailored to coaches who want to go beyond the basics of SMART Goals and accountability, beyond tracking calories and sit-ups. It is for: - Coaches who want to become scholars of coaching. - Coaches who want to develop a greater understanding of the process of behavioral change. - Coaches who want to learn more about wellness. - Coaches who want to master what the entire field of health promotion has discovered about being well. - Coaches who want to become skilled craftspeople. - Coaches who want to meet their clients with understanding, empathy, and non-judgment. Dr. Arloski believes that coaching isn't about all the things a client is doing wrong and how grim their situation is. It's about what is needed to ensure a successful future. *Masterful Health & Wellness Coaching* gives you the tools to start your client on the path to success and to coach him or her until their healthy-living skills are second nature. The root of the word coach can be traced to a village in Hungary, Kocs, where carriages were made in the 1500's.

Coaches love metaphors and what is better than this one: A coach takes you from where you are at to where you want to go. Perfect. The client is the one with the reins and it is the coaching process that facilitates the journey.

her collective wellness coach: Book Alone Barbara Montgomery Dossey, Dossey, Lynn Keegan, 2012-03-08 Important Notice: The digital edition of this book is missing some of the images or content found in the physical edition. This market-leading resource in holistic nursing is published in cooperation with the American Holistic Nurses Association (AHNA). Each chapter is revised and updated by contributors from the best-selling Fifth Edition, as well as new thought leaders from the field of holistic nursing. Chapters begin with Nurse Healer Objectives that are divided into theoretical, clinical, and personal subject areas, and then conclude with Directions for Future Research and Nurse Healer Reflections to encourage readers to delve deeper into the material and reflect on what they have learned in each chapter. This text is organized by the five core values contained within the Standards of Holistic Nursing Practice: Core Value 1: Holistic Philosophy, Theories, and Ethics Core Value 2: Holistic Caring Process Core Value 3: Holistic Communication, Therapeutic Environment, a

her collective wellness coach: The Business and Practice of Coaching: Finding Your Niche, Making Money, & Attracting Ideal Clients Wendy Allen, Lynn Grodzki, 2005-09-17 Building a thriving coaching business is a challenge. An estimated 30,000 coaches have entered the coaching profession during the past five years. Unfortunately, the majority report they are unable to earn a living wage from their coaching services. Competition is high, and the knowledge of how to succeed in the business is often lacking. To survive today, coaches must match their enthusiasm with strong business and marketing expertise. Lynn Grodzki and Wendy Allen are veteran business coaches who understand how to strategically approach the business and the practice of coaching as well as how to mentor new coaches entering the profession. The Business and Practice of Coaching is the first text to combine a coaching approach (step-by-step exercises, direct suggestions, insider's tips, and motivational plans) with solid business information and ideas in order to give new and experienced coaches exactly what they need to prosper in the competitive business of coaching. Grodzki and Allen help coaches succeed by giving them the right information, showing them how to develop an entrepreneurial mind-set, and demonstrating how to customize a business plan that can spell the difference between accomplishment and collapse. Grodzki and Allen gives each reader the ability to: * Build a coaching business that has relevance to the larger community around it and be aligned with the new realities of the coaching profession. * Refine your coaching skill set to incorporate the five coaching competencies that signal to the public that you are a masterful coach. * Define your innate coaching specialty and target a profitable niche market so you can make a bigger impact as a coach. * Implement the eight best marketing strategies to attract coaching clients (and know the marketing ideas that coaches do best to avoid). * Set and raise your fees the right way, develop multiple streams of coaching income, and build a six-figure business that you can own and sell. * Institute risk management policies that ensure your practice is legally safe, ethically sound, and trouble free. Covering all of the territory from positioning your coaching business, differentiating it from the competition, acquiring basic entrepreneurial skills, and learning from profiles of master coaches The Business and Practice of Coaching offers a wealth of information and accessible, yet expert guidance. Readers will discover how to take advantage of current trends and avoid distracting hype within the quickly changing coaching profession so that the coaching business they build today will be viable tomorrow.

her collective wellness coach: RADIANCE RESILIENCE Hanifa Akhter, 2024-07-13 Radiance Resilience: Self-Esteem and Stress is a beacon of hope for anyone engulfed in the overwhelming tides of stress, feeling disconnected from their true selves. This book illuminates the path towards rediscovering one's identity and harnessing the inherent power within to design a life of purpose and fulfilment. With a blend of insightful analysis, practical solutions, and the transformative principles of Neuro-Linguistic Programming (NLP), readers are guided on a journey of self-discovery and empowerment. Through exploring the root causes of stress and self-esteem

issues, this book equips readers with the tools and techniques needed to overcome obstacles, unlock their potential, and reclaim control over their lives. It's a roadmap towards radiance, resilience, and the realisation of one's limitless potential.

her collective wellness coach: Ramp Up Your Website Traffic for Free: Top Methods That Really Work Shu Chen Hou, Looking to drive more traffic to your website without breaking the bank? Look no further than Ramp Up Your Website Traffic for Free: Top Methods That Really Work. This comprehensive guide is packed with proven strategies and techniques to help you attract more visitors to your site, without spending a dime on advertising. Whether you're an established business owner or a new blogger just starting out, this ebook has everything you need to know to take your online presence to the next level. From optimizing your website for search engines to leveraging the power of social media, this guide covers it all. You'll learn how to: Use targeted keywords to improve your search engine rankings Create compelling content that resonates with your audience Build a social media following that drives traffic to your site Connect with influencers in your industry to expand your reach And much more! With Ramp Up Your Website Traffic for Free, you'll discover the most effective ways to drive traffic to your website, all without spending a dime on advertising. So what are you waiting for? Get your copy today and start ramping up your website traffic for free!

her collective wellness coach: Wellpreneur Amanda Cook, 2017-02-23 Why do some wellness entrepreneurs find freedom, flexibility and a healthy income online - while others get stuck spinning their wheels, never finding clients or making sales? It's not about who has the best website, or who spends more time on social media. The secret is in the system. Wellpreneurs who find clients online have a system in place that failing wellpreneurs don't. This system brings more of the right people to your website, and turns them into paying clients. It's this proven, step-by-step system you'll learn in this book. Wellpreneur is a guide to nailing your niche and finding more clients online, written just for wellness entrepreneurs. If you're a health coach, yoga teacher, personal trainer, nutritionist or other wellness professional, you'll: Get total clarity on your target market, so you know exactly who you're serving (and why). Learn the proven five-step Organic Growth System to attract ideal prospects to your website and turn them into paying clients. Peek inside the businesses of successful wellpreneurs, to learn how they grew profitable wellness businesses online. Streamline your online marketing, so you can spend less time marketing, and more time doing work you love!

her collective wellness coach: Holistic Nursing , 2013 This Market-Leading Resource In Holistic Nursing Is Published In Cooperation With The American Holistic Nurses Association (AHNA). Each Chapter Is Revised And Updated By Contributors From The Best-Selling Fifth Edition, As Well As New Thought Leaders From The Field Of Holistic Nursing. Chapters Begin With Nurse Healer Objectives That Are Divided Into Theoretical, Clinical, And Personal Subject Areas, And Then Conclude With Directions For Future Research And Nurse Healer Reflections To Encourage Readers To Delve Deeper Into The Material And Reflect On What They Have Learned In Each Chapter. This Text Is Organized By The Five Core Values Contained Within The Standards Of Holistic Nursing Practice: Core Value 1: Holistic Philosophy, Theories, And Ethics Core Value 2: Holistic Caring Process Core Value 3: Holistic Communication, Therapeutic Environment, And Cultural Diversity Core Value 4: Holistic Education And Research Core Value 5: Holistic Nurse Self-Care A Full Suite Of Online Learning Tools, Including Case Studies, Authors' Podcasts, Nurse Healer Reflections, And Much More, Is Available On The Companion Website.

her collective wellness coach: Reclaiming Wellness Jovanka Ciales, 2022-04-19 If you've ever felt left out of "elite" healthcare regimes or thought that being healthy shouldn't be expensive, this book is for you. Reclaiming Wellness explores today's most effective wellness practices — and their multicultural sources — in a way that makes overall health accessible to all. The book provides: practical, affordable, delicious, and fun ways to incorporate plant-based whole foods into even the most time-crunched routine lazy-proof means of movement that feel more like self-love than dreaded exercise techniques of mindfulness, meditation, and visualization that make them meaningful everyday tools ways to experience nature, music, and community to heal and connect

her collective wellness coach: Onward Elena Aguilar, 2018-03-21 A practical framework to

avoid burnout and keep great teachers teaching Onward tackles the problem of educator stress, and provides a practical framework for taking the burnout out of teaching. Stress is part of the job, but when 70 percent of teachers quit within their first five years because the stress is making them physically and mentally ill, things have gone too far. Unsurprisingly, these effects are highest in difficult-to-fill positions such as math, science, and foreign languages, and in urban areas and secondary classrooms—places where we need our teachers to be especially motivated and engaged. This book offers a path to resiliency to help teachers weather the storms and bounce back—and work toward banishing the rain for good. This actionable framework gives you concrete steps toward rediscovering yourself, your energy, and your passion for teaching. You'll learn how a simple shift in mindset can affect your outlook, and how taking care of yourself physically, mentally, and emotionally is one of the most important things you can do. The companion workbook helps you put the framework into action, streamlining your way toward renewal and strength. Cultivate resilience with a four-part framework based on 12 key habits Uncover your true self, understand emotions, and use your energy where it counts Adopt a mindful, story-telling approach to communication and community building Keep learning, playing, and creating to create an environment of collective celebration By cultivating resilience in schools, we help ensure that we are working in, teaching in, and leading organizations where every child thrives, and where the potential of every child is recognized and nurtured. Onward provides a step-by-step plan for reigniting that spark.

her collective wellness coach: *Championing Organization Wellness* Anthony L. Simmons DSL Captain USN (retired), 2023-09-19 *Championing Organizational Wellness* leverages the hands-on experience of a proven leadership coach who models transforming aspiring leaders into first-rate leaders. In this book, a four-time at-sea commander shares his twenty-plus years of executive experience, leading across global expanses, to model how to connect leaders and aspiring leaders of disparate cultures and social backgrounds to move in lockstep to achieve optimal success. Dr. Anthony Simmons uses a coaching triangulation model consisting of ends-means-ways approach to move the coach (leader), coachee (aspiring leader), and organization to their zenith. *Championing Organizational Wellness* affords the blueprint for any leader anywhere to navigate blind spots to see through cultural differences and empower all groups through a coaching organization. Dr. Simmons used his nautical acumen as he developed and presents his model of organizational wellness called coaching triangulation. Triangulating is a means of determining location and fixing one's position. Dr. Simmons's coaching triangulation model presents a coaching platform that locates the client, assesses the culture, and helps the leader navigate blind spots. He uses coaching as a platform for connecting coach and organization members so both may share a common perspective and an expanded vision for optimal organizational performance. The book demonstrates a methodology of organizational development and organizational sustainment, which yields organizational wellness. Dr. Simmons uses personal stories to demonstrate application of coaching theory and practice. Truly a fascinating work suggesting organizational wellness is possible and presenting a means for achieving it! --Dr. Diane Wiater Dr. Anthony Simmons's invigorating work offers exceptional methodologies to help align coaching and leadership attributes. Based on his extensive military service including four at-sea commands and leadership engagements and visits to sixty-three countries, Anthony's book offers practical insights to find true north using his coaching triangulation model. Drawing from extensive research, including a literature review and scriptural integration, Anthony's model fosters a platform to facilitate organizational development and organizational sustainment as the aggregate of two realizes organizational wellness. Dr. Simmons's coaching triangulation model is comprehensive in structure and substance with proven viability by over twenty-five of his understudies who attained positions as at-sea commanders. As we continue to maneuver turbulent times of uncertainty and organizational wellness vulnerabilities, Dr. Simmons's book offers far-reaching opportunities to close existing gaps between operational tensions. This is a must read for military and organizational leaders alike at the local, state, national and global levels. --Dr. Virginia Richardson

her collective wellness coach: *The Memory of Health* Edie Summers, 2016-02-26 What is your

journey to well-being? Do you suffer from health issues or a chronic condition? Do you have M.E., CFS, or chronic fatigue? Is stress affecting your well-being? Do you have chronic fatigue or a chronic condition? Are you seeking answers? If you have chronic fatigue for any reason (M.E., CFS, burnout, another chronic condition, on-going stress, trauma, etc.) check this book out! The Memory of Health is a memoir and a guide to living well. It is also a comprehensive resource on chronic fatigue, possible solutions, and on how self-care and lifestyle medicine may help you. What makes you thrive, even in the face of great odds? What makes you come alive? At the age of 22, Edie developed chronic fatigue after having surgery for a ski accident. While physical therapy was helpful, she had to seek alternative treatment to regain full use of her knee. In the course of seeking answers to her health challenges, she discovered the power of mindful living and became a conscious consumer. Whether you like mainstream, alternative, or integrative medicine as your solution for health and well-being, be conscious of the choices you make, because they matter. #cfs #chronicfatigue #chronicillness #booksonhealth #M.E. #booksonfatigue #booksonchronicfatigue #howtogetmoreenergy #adrenalinsufficiency #burnout #trauma #energy #moreenergy #theoriesofcfs #theoriesofchronicfatigue #howtoimprovenenergylevels

her collective wellness coach: Joy Seeker Shannon Kaiser, 2019-10-29 “One of the freshest voices in mental health and wellness.” —Marci Shimoff, New York Times bestselling author of Chicken Soup for the Woman’s Soul Do you feel like you’re not where you’re supposed to be, off track or simply exhausted from trying so hard to make things work? Your “true self” has an easier plan—and is just aching to show you the way. The relentless pressure to succeed, measure up, and reach for ever higher goals can leave us feeling like we’re just not good enough—or that something’s missing. At the end of the day, after giving it our all, the last thing we want to feel is hopeless, anxious, and disconnected. International speaker and empowerment coach Shannon Kaiser understands why so many of us, despite our best intentions, cling to these patterns. Better yet, Kaiser knows how to get us out of the vicious, draining cycle. Committed to finding meaning, connection, and joy in our day-to-day lives, she’s traveled the world in search of the universal truths and spiritual wisdom we desperately need today. Joy Seeker is her transformational approach to life, drawn from her own life-changing experiences. It is a path to discovering our true self—the hero within. The Joy Seeker plan: • Get unstuck and discover what matters most • Regain hope and faith in yourself, others, and the world • Discover the “poetry within”—that special thing that makes you so unique • Gain the courage to actualize yourself and your deepest desires • Live with more purpose, passion, and freedom The path of the Joy Seeker is an intimate, active pursuit filled with opportunities for journaling as well as “Joy Jaunts”—exercises designed to help us break out of our comfort zone. It’s time to become your best self. It’s time to live worry-free in your wildest dreams. It’s time to be your own Joy Seeker. “Who couldn’t use some more joy in their life? Shannon is an expert in all things happiness, and this guidebook shows us what’s possible when we remove fear and choose love.” —Emma Loewe, Editor at mindbodygreen and co-author of The Spirit Almanac: A Modern Guide to Ancient Self-Care

her collective wellness coach: Mindfulness Annika Rose, 2020-09-15 Now, more than ever, there is a need for mindfulness, as this world and our lives only seem to get busier, more anxious and more stressful. Mindfulness is an invaluable practice that we can all incorporate into our everyday lives – enabling us to be here in the present, to focus on what we’re doing right now; to have self-awareness, but not to be lost in destructive thought. And it can be done in smart and simple ways. This invaluable book is essential for those who want to learn to access this ability that we all possess, to cultivate calm and joy in today’s busy world. Wellbeing expert Annika Rose provides straightforward advice, science and strategies – from formal meditation sessions and routines to a wide range of techniques for mindful living, walking, sleeping, eating and working. With step-by-step guidance and inspirational wisdom, this is the no-nonsense route to a more peaceful, effective and kinder life.

her collective wellness coach: Nursing Now Joseph T Catalano, 2019-10-03 The thoroughly revised and updated 8th Edition of this popular text examines the important issues and trends

shaping the nursing profession today. Explore the evolution and history of nursing and examine the impact of healthcare reform and the legal system as they apply to nursing practice.

her collective wellness coach: Transformational Journaling for Coaches, Therapists, and Clients Lynda Monk, Eric Maisel, 2021-06-28 In Transformational Journaling for Coaches, Therapists, and Clients: A Complete Guide to the Benefits of Personal Writing, more than 50 coaches, therapists, and journaling experts from around the world share their best practices and explain in detail how they use journaling to improve their work with clients. This edited collection brings together the leading voices of the journaling world into one ground-breaking volume, providing practical techniques and tools to use with clients. Applicable and accessible, over 50 journaling luminaries share their experiences and insights across eight sections, including the logic of journaling, techniques and applications, using journaling with clients, journaling in groups, journaling for mental health and wellness, growth and healing, spirituality, creativity, and more. Through theoretical and practical applications, it illustrates the transformational process of journaling in helping clients grow, heal, and achieve their goals. This book is essential reading for coaches, therapists, and other mental health professionals, as well as those interested in using personal writing for growth and self-awareness.

her collective wellness coach: Nurse Coaching Barbara Dossey, Susan Luck, Bonney Gulino Schaub, 2014-10-20 Nurse Coaching: Integrative Approaches for Health and Wellbeing By Barbara Montgomery Dossey, Susan Luck, and Bonney Gulino Schaub Paperback-October 2014 This is the first comprehensive Nurse Coach textbook that describes the theoretical and clinical relevance and practical application of an innovative, integrative, holistic, and integral nurse coaching model. This user-friendly book will guide your Nurse Coach practice to promote lifestyle behavioral change for health and wellbeing for both the nurse and the client/patient. It can be used in all healthcare environments and implemented in diverse settings including hospitals, communities, and private practice. In this book you will find theories and strategies to help you: Theory of Integrative Nurse Coaching; Integrative Nurse Coach Leadership Model; Integrative Nurse Coach™ Process and Competencies; coaching conversations, case studies, and coaching journeys with clients/patients; bio-psycho-social-spiritual-cultural-environment model of nurse coaching; evidenced-based coaching methodologies and practices; nutrition and environmental coaching skills; Integrative Health and Wellness Assessment™; nurse coach guidelines for practice, education, research, healthcare policy and advocacy; and integrative lifestyle resources and toolkit. This book is for all nurses and other health care providers seeking coaching knowledge and skills. For information on the Integrative Nurse Coach™ Certificate Program go to www.inursecoach.com/inccp/

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Eliza Swann, Jessie Susannah Karnatz, Jezmina Von Thiele, Kiki Robinson, Kimberly Rodriguez, Liz Migliorelli, Madre Jaguar, Maria Minnis, Olivia Ephraim Pepper, Rachel Howe, Sanyu Estelle, Star Feliz

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or a personal trainer. Empower yourself to make informed food choices and be inspired by Graeme's 70 easy, lower-calorie versions of popular foods - including curries, fry ups and even fish and chips. You can still eat your favourite biscuits and enjoy carbs, fats and sugar. After reading this book you will be able to make informed food choices for the rest of your life and succeed at any weight-loss goal.

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Macieira-Kaufmann, Lillian So, 2021-09-14 Your work and your workouts shouldn't have to fight for your attention. We get it: you're busy. Whether you're acting as the CEO of a company, a family, or a career, it's easy to make excuses for why you don't have time to focus on your health. But getting fit doesn't have to be another chore added to your already packed schedule. In this smart, snappy book, former Citigroup executive and CEO consultant Rebecca Macieira-Kaufmann teams up with personal trainer and life coach Lillian So to introduce simple, fun habits for total health and well-being. Short, down-to-earth stories from Macieira-Kaufmann's life and lauded career show you how staying healthy as an in-demand CEO is not only possible but can feel almost effortless-with the right strategies. So's simple and practical exercises will have you making changes to your physical, mental, emotional, and spiritual health right away. You'll discover: A simple exercise program that can be done anywhere How to manageably schedule workouts into your hectic life Immediate, easy actions you can take for better health Tips for staying healthy and balanced when you travel How to eat well and enjoyably at events and beyond The benefits of taking breaks-from five minutes between meetings to regular vacations Leadership insights that free up your time and boost productivity This isn't about layering on another demanding routine onto your already ambitious schedule. Instead, it's about learning how to manageably introduce simple, easy, fun habits for total fitness that will not only transform your body, but also your life. It's about being the boss of the most important job you have-the boss of you.

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Bob Tschannen-Moran, 2015-09-02 This second edition of the Coaching Psychology Manual helps health, wellness, lifestyle, positive psychology, and personal coaches work with clients to achieve their health, well-being, and life goals. Endorsed by the ACSM, packed with examples and scenarios, and now in vibrant full color, this comprehensive guide covers techniques and concepts for supporting clients in changing the behaviors and mindsets needed to thrive, in all areas of wellness, including fitness, nutrition, weight, mind/body, stress, and management of life issues that impact well-being.

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Julia M. Whealin, 2012-02-21 Eight practical steps to help military families through the unique issues they face When service members return, it's up to their families to try to soften their re-entry into civilian life. Healing Stress in Military Families offers practical help for military families coping with the myriad repercussions of their loved ones' duties, from their deployment to their return home. Based on the latest scientific research and best practice guidelines as well as the authors' experience treating veterans and their families Healing Stress in Military Families offers answers for the stress that comes not only from war, but also from other related issues, including deployment and redeployment, relocation, and reunion. Healing Stress in Military Families provides: Evidence-based advice for clinicians helping military families with adjustment problems by facilitating communication, reconnection, and growth Making It Real exercises for clinicians to employ with families in sessions Talking Points that explore how to guide the family in their healing process Homework handouts and between-session Taking Action exercises for families that reinforce and build on skills and information introduced in sessions Compassionately written with the military family at heart, Healing Stress in Military Families provides the information, tools, and skills that will empower these courageous families to more easily heal and become stronger and more resilient as they go through life. This practical workbook will help others understand the highly complex factors that cause dysfunction within military families. Using a clear format that avoids jargon, providers and families can work through the eight practical steps that focus on reconnecting the

family and improving resiliency. This excellent book will surely become core material for anyone interested in working with military families. Bradford Felker, MD, Director, Mental Health Primary Care Service, VA Puget Sound Health Care System and Associate Professor, Department of Psychiatry, University of Washington School of Medicine *Healing Stress in Military Families: Eight Steps to Wellness* is a timely, practical publication that recognizes and addresses the impact of traumatic stress on countless 'hidden victims,' our military families. The focus on empowerment and goal-directedness versus illness, disorder and dysfunction is so needed today. Mark D. Lerner, PhD, President, American Academy of Experts in Traumatic Stress

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her collective wellness coach: What Addicts Know Christopher Kennedy Lawford, 2014-01-07 New York Times bestselling author Christopher Kennedy Lawford revisits addiction in his latest book, *What Addicts Know*, this time framing the discussion in an entirely new way—the lessons addiction and recovery offer to those of us who haven't battled addiction. For too long, society has considered addicts as an unfortunate group that faces incredible and unique challenges. The reality is that the challenges of the addict are faced—to a greater or lesser extent—by all of us. In a “more is better society, it's indisputable that we've all experienced cravings and denied the truth about our destructive behaviors—traits shared by addicts who've successfully overcome them. *What Addicts Know* offers the coping and wellness skills necessary to overcome life's obstacles and self-improvement tips for everything from conquering an unhealthy consumption of junk food, to overcoming toxic relationships. These techniques are not just for addicts; they are for all of us. No one until now has related the lessons and life skills that can be drawn from the collective experience of people in recovery from addiction, particularly the ways those lessons or principles can be used by those in the broader non-recovery community. In *What Addicts Know*, Lawford recounts the inspiring stories and wisdom of recovering addicts, combining them with cutting-edge scientific findings to give hands-on, practical techniques for recognizing unhealthy impulses and managing them. If you're ready to change for the better your habits, your frame of mind, your relationships, your community, and your life, *What Addicts Know* is the resource that will educate and inspire you along the way.

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medicine Recipes for healing meals and soul food And more! You'll also find a comprehensive herbal guide to the most commonly used herbs—such as aloe, lavender, sage, sassafras, and more—alongside gorgeous botanical illustrations. African American Herbalism is the perfect guide for anyone wanting to explore the medicinal and healing properties of herbs.

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her collective wellness coach: Master Your Motivation Susan Fowler, 2019-06-04 If you want to accomplish what's important to you, discipline and willpower won't get you where you need to go. In this iconoclastic new book, Susan Fowler reveals compelling insights and actions to help you master and maintain your motivation. Motivation is at the heart of everything you do and everything you want to do but don't. Unfortunately, the ways we typically motivate ourselves don't work. Relying on sheer determination eventually becomes exhausting—it's not sustainable. And even setting goals can backfire—if you're not setting them for the right reasons. Susan Fowler says motivation is energy, and what matters is the quality, not the quantity. Traditional “motivators” such as fear, guilt, or the promise of a reward provide low-quality, short-term energy. Drawing on the latest empirical research, she proves that high-quality, optimal motivation is a skill that you can learn and apply. Science tells us that satisfying three basic needs—for choice, connection, and competence—is essential to optimal motivation. You need to feel like you've picked your path, not that you're being driven down it. Your goal should be linked to people or a purpose meaningful to you. And you want to continually learn and grow. Through practical exercises and eye-opening stories, Fowler shows you how to identify and shift the quality of your motivation. The skill to master your motivation is important—it may be your greatest opportunity to evolve, grow in wisdom, and be

the light the world so desperately needs.

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her collective wellness coach: Positive Intelligence Shirzad Chamine, 2012 Chamine exposes how your mind is sabotaging you and keeping you from achieving your true potential. He shows you how to take concrete steps to unleash the vast, untapped powers of your mind.

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