

wellness coach business cards

Wellness Coach Business Cards: Your Pocket-Sized Path to Client Connection

Are you a wellness coach ready to take your practice to the next level? Do you envision a steady stream of clients knocking on your door (or, more realistically, sliding into your DMs)? Then let's talk about the often-overlooked, yet incredibly powerful tool that can help make that vision a reality: wellness coach business cards. This isn't just about handing out a piece of cardstock; it's about crafting a mini-marketing masterpiece that embodies your brand and captures potential clients' attention. This comprehensive guide dives deep into the design, content, and distribution strategies that will make your wellness coach business cards a true asset in your growing practice.

Understanding the Power of a Great Wellness Coach Business Card

In our digital age, it's easy to underestimate the power of a physical business card. But think about it: a well-designed card is a tangible representation of your brand, something a potential client can hold, feel, and keep. It's a constant reminder of your expertise and availability – far more impactful than a fleeting social media post. A thoughtfully created wellness coach business card isn't just contact information; it's a mini-advertisement, a conversation starter, and a valuable networking tool. It's your first impression, and as we all know, first impressions matter.

Designing the Perfect Wellness Coach Business Card: Key Elements

Your wellness coach business cards should reflect your brand's personality and values. Think about the feeling you want to evoke: calmness, energy, strength, or something else entirely? Your design should visually communicate that feeling. Here's a breakdown of essential design elements:

1. **High-Quality Materials:** Don't skimp on quality. Thick, textured card stock makes a significant difference. Consider eco-friendly options to align with your wellness brand.

1. Clean & Modern Design: Avoid cluttered designs. A clean, uncluttered layout is easier to read and more memorable. Use ample white space and a cohesive color palette that reflects your brand.
1. Compelling Logo: Your logo is the visual representation of your brand. Ensure it's prominently displayed and professionally designed.
1. Clear Contact Information: This is crucial! Include your name, business name, phone number, email address, website URL, and any relevant social media handles. Make sure the font is easily readable.
1. Unique Selling Proposition (USP): Briefly highlight what sets you apart. Are you specialized in a particular area? Do you offer a unique approach? Use a concise tagline to grab attention. For example, "Unlocking Your Inner Strength Through Holistic Coaching" or "Stress-Free Living: Personalized Wellness Plans."
1. Professional Photography (Optional): A high-quality headshot can add a personal touch, making you more approachable.
1. QR Code (Consideration): A QR code can quickly direct potential clients to your website or online scheduling tool.

Content is King: What to Include on Your Wellness Coach Business Card

While design is crucial, the content of your wellness coach business card is equally important. Don't just list your contact information; strategically choose words that resonate with your target audience. Consider these options:

A compelling headline: Instead of just your name and title, use a short phrase that reflects your coaching niche. For example, instead of "Jane Doe, Wellness Coach," try "Jane Doe, Empowering Women Through Mindfulness Coaching."

A key benefit: What's the single most significant benefit your clients

receive? Highlight it concisely.

Call to action: Encourage engagement. Use phrases like "Schedule your free consultation today!" or "Visit my website to learn more."

Printing Your Wellness Coach Business Cards: Options and Considerations

Once your design is finalized, choose a reputable printing service. Compare prices and quality before making a decision. Consider these factors:

Printing method: Offset printing is cost-effective for large orders, while digital printing is better for smaller quantities and design flexibility.

Finishing options: Consider embossing, debossing, or rounded corners to add a premium feel.

Paper stock: Choose a sustainable and durable option that reflects your brand's values.

Distributing Your Wellness Coach Business Cards: Strategies for Success

Simply printing your cards isn't enough. You need a strategic plan to distribute them effectively. Here are some ideas:

Networking events: Carry your cards to industry events and conferences.

Workshops and seminars: Distribute cards at your workshops and seminars.

Collaborations: Partner with other health and wellness professionals to cross-promote each other's services.

Community involvement: Get involved in community events and distribute cards to potential clients.

Strategic placement: Leave your cards at relevant locations such as health food stores, gyms, and yoga studios (always ask for permission first).

Follow-up: Don't just hand out cards and forget about them. Follow up with a personalized email or phone call.

Beyond the Card: Maintaining Client Connections

Your business card is just the beginning of the client relationship. Make sure to follow up with any leads you gather, and utilize your other marketing channels to maintain and grow your client base.

Conclusion:

Investing in well-designed and strategically distributed wellness coach business cards can significantly boost your client base and elevate your brand presence. Remember that your card is more than just contact information; it's a miniature representation of your professional self and a

valuable tool in your marketing arsenal. By combining thoughtful design, impactful content, and smart distribution strategies, your business cards can become a powerful engine for growth.

FAQs:

1. How many business cards should I order? Start with a smaller order (e.g., 250-500) to test the design and distribution strategies, then increase as needed.
1. How much should I spend on wellness coach business cards? Prices vary depending on quantity, materials, and finishing options. Expect to spend between \$50 and \$200 for a starting order.
1. Can I design my own business cards? Yes, you can use online design tools like Canva or hire a professional graphic designer for a custom design.
1. What if I run out of business cards? Always have a small supply on hand. It's best to reorder before completely running out.
1. How can I track the effectiveness of my business cards? Consider including a unique QR code that directs clients to a landing page where you can track visits. You can also subtly alter your card design in different batches and track results.

wellness coach business cards: Lifestyle Wellness Coaching James Gavin, Madeleine Mcbrearty, 2018-11-07 Lifestyles have changed dramatically over the past quarter century. Along with these changes come exciting opportunities, including new career paths in the professional domain of health and wellness coaching. Centered on an evidence-based process for guiding change, Lifestyle Wellness Coaching, Third Edition With Web Resource, offers a systematic approach to helping clients achieve enduring changes in their personal health and wellness behaviors through a supportive and forward-moving coaching relationship. Lifestyle Wellness Coaching has been thoroughly revised and updated to keep pace with the rapidly evolving field of wellness coaching. It is complemented by discussions, case studies, reflective opportunities, and practical aids and engages readers through multiple approaches to learning: The reader is encouraged to gauge

comprehension and application of the content by reflecting on personal experiences within the context of coaching. Sample dialogues offer real-world examples of coaching situations and strategies. The International Coach Federation's 11 core competencies are thoroughly examined to prepare readers for certification in the profession of coaching. A new web resource houses easy-to-use forms, plans, and assessments that professionals can use immediately with clients. Lifestyle Wellness Coaching examines real coaching conversations to assess key considerations, such as the types of questions to ask, how to provide feedback effectively, and how to facilitate action planning. The text presents communication strategies to motivate, guide, inform, and support clients' processes toward personal change with a holistic approach. It addresses boundaries of care and advice appropriate to coaching relationships. Other issues explored include developing a trusting relationship, creating goals that are aligned with coaching processes, unblocking clients' energy and discovering resources for change, and generating forward movement through the skillful use of the International Coach Federation's 11 core competencies. Lifestyle Wellness Coaching introduces readers to models that clearly identify clients' progress through the stages of change. First, the text explores the popular transtheoretical model (TTM) of health-related behavior change and its delineation of six stages of clients' readiness to change. The discussion of TTM includes strategies appropriate to clients in various stages of readiness to change. The text also presents the learning-through-change model (LCM), revealing the deep layers beneath each phase of client movement toward change. Readers are offered a map for coaching clients toward goal achievement. The authors' unique flow model of coaching illustrates how professional coaches can help clients navigate the sometimes turbulent events of a person's life in order to change habitual patterns of behavior. The companion web resource offers a complete kit of assessment tools to help establish a strong framework for successful coaching. A welcome packet, coaching readiness index, introductory session form, and between-sessions questionnaire benefit both the professional and client in laying the groundwork. Other supplemental resources, such as a social and emotional intelligence assessment and a goal setting form, support the journey. Lifestyle Wellness Coaching, Third Edition, is the definitive resource for those seeking to embrace wellness coaching and propel clients to healthy, effective change.

wellness coach business cards: 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.

wellness coach business cards: How to Be a Health Coach Meg Jordan, 2013-08-29 This step-by-step manual offers the essentials of health coaching methodology, along with integrative wellness principles, theoretical frameworks, evidence-based models, coaching session formats, and practice tools. Readers also learn effective mind-body techniques to become extraordinary health coaches.

wellness coach business cards: *Start Your Own Coaching Business* Entrepreneur Press, 2012-09-01 The \$100 billion coaching industry has exploded since the 1990s, as harried businesspeople turn to experts to help them make the right decisions and get motivated. And while there are many books on the market teaching the basics of starting a coaching business, this book covers three unique coaching arenas—motivation, life and business. Readers will learn how to master the two separate disciplines of a successful coaching business: the art of motivating clients and the science of running a successful business. They'll discover how to establish their expertise to find new clients—and how to retain those clients. Smart pricing strategies and creative coaching package ideas will increase entrepreneurs' revenue potential. Sales and publicity tips will further help entrepreneurs build their business as a motivational, life or business coach, and in-depth explanations of expansion ideas are included to allow readers to go as far as their dreams will take them.

wellness coach business cards: Fair Play Eve Rodsky, 2021-01-05 AN INSTANT NEW YORK

TIMES BESTSELLER • A REESE'S BOOK CLUB PICK Tired, stressed, and in need of more help from your partner? Imagine running your household (and life!) in a new way... It started with the Sh*t I Do List. Tired of being the “shefault” parent responsible for all aspects of her busy household, Eve Rodsky counted up all the unpaid, invisible work she was doing for her family—and then sent that list to her husband, asking for things to change. His response was...underwhelming. Rodsky realized that simply identifying the issue of unequal labor on the home front wasn't enough: She needed a solution to this universal problem. Her sanity, identity, career, and marriage depended on it. The result is *Fair Play*: a time- and anxiety-saving system that offers couples a completely new way to divvy up domestic responsibilities. Rodsky interviewed more than five hundred men and women from all walks of life to figure out what the invisible work in a family actually entails and how to get it all done efficiently. With 4 easy-to-follow rules, 100 household tasks, and a series of conversation starters for you and your partner, *Fair Play* helps you prioritize what's important to your family and who should take the lead on every chore, from laundry to homework to dinner. “Winning” this game means rebalancing your home life, reigniting your relationship with your significant other, and reclaiming your Unicorn Space—the time to develop the skills and passions that keep you interested and interesting. Stop drowning in to-dos and lose some of that invisible workload that's pulling you down. Are you ready to try *Fair Play*? Let's deal you in.

wellness coach business cards: Total Life Coaching: 50+ Life Lessons, Skills, and Techniques to Enhance Your Practice . . . and Your Life Lloyd J. Thomas, Patrick Williams, 2011-03-28 *Total Life Coaching* by Pat and Lloyd is more than just a book. It is an interactive experience in which you will find recipes for living your life more authentically, as well as master time-honored lessons that you can bring to your coaching clients. Regardless of the personal coaching techniques or skills you may have learned, you may still not be the most effective coach you can become. This book will help you move closer to that goal. Life coaching is more than a collection of techniques and skills. It is more than something you do. Life coaching reflects who you are—it is your authentic being in action. Readers of Pat Williams's and Deborah Davis's book, *Therapist as Life Coach*, know Pat to be a gifted life coach and passionate teacher. Here Pat and colleague and writer, Lloyd J. Thomas, build on this earlier book and share a unique insight into the coaching process, which shows you precisely how to enhance your professional practices through practical and effective life coaching. It also empowers you to change your own lives through use of the practical information and philosophy presented here. *Total Life Coaching* is organized into a series of 50 life lessons, and is designed to be either read cover-to-cover or dipped into, as needed, for assistance when conducting a coaching session. Keeping life's processes on the message and lesson level makes living and life coaching much easier and more enjoyable. *Total Life Coaching* guides you step-by-step through the complex process of learning and coaching these fifty important lessons. The lessons are organized into 8 sections: Creating a Personal Identity; Coaching Spirituality and Life Purpose; Coaching Communication Skills; Living Life with Integrity; Success: Clients Achieving their Potential; Coaching Cognitive Skills; Creating High-Quality Relationships; Understanding Your Past to Create a Desired Future. Each lesson is presented as a structured recipe and includes: The life lesson The messages contained within the lesson Coaching objectives for your clients regarding the lesson What you need to know about the lesson to provide the framework for coaching it Coaching methods, exercises, questions, and language for bringing each lesson to your clients Sample coaching conversations that exemplify the coach-client dialogue for the coaching of the lesson.

wellness coach business cards: Your Journey begins Now! Erna Benson-Karp, 2021-11-01 This book is instrumental for all Small Business Entrepreneur Start-Ups, including Private Practitioners in the Counselling and Coaching fields. Within this book, you will find ideas, exercises, information, and easy-to-follow guidelines. It is divided into ten parts, and include: One – Your Journey Begins Now Studies and registering with the correct Councils Two – Your Journey Continues Creating a Business Plan, a Vision Board, Setting Goals, Budgets, and finding the ideal office space. Deciding on a Business Name and Registering through CIPC and CSD Three – The Journey is You Deciding on

your Niche. Designing the Logo, Electronic Mail Accounts, Website, Stationery, Email Signature and Disclaimers. Forming a Solid Client Base and Referral List. Planning Office Décor. Pricing and Fees, Insurance and offering additional Session Alternatives Four – The Journey Needs to be Shared Marketing, including networking, blogging, podcasts, listings, billboards, and social media. Various handle names, packages and specials Five – The Journey Continues One Step at a Time Step by step checklists Six – Helping Others with their Journey Initial session documents, including intake forms, agreements, questionnaires, progress notes, and email templates Seven – Needing Extra Moola for the Journey Alternative marketing and income options, including support groups, training and products Eight – The Journey Does Not Come Without Obstacles When things go wrong and how to get back on track Nine – Do Not Get Discouraged if you Pick Up a few Bruises Gives clarity on why counselling and coaching might not always work Ten – The Journey Never Ends Final words of encouragement and wrap-up

wellness coach business cards: Therapist as Life Coach: An Introduction for Counselors and Other Helping Professionals (Revised and Expanded) Patrick Williams, Deborah C. Davis, 2007-10-17 In 2006, U.S. News and World Report listed coaching as one of the 10 top growing professions. The first edition of *Therapist as Life Coach*, published in 2002, anticipated this trend, and since its publication it has become a standard for therapists who wish to transition or expand their practices into life coaching. Pat Williams and Deborah C. Davis have finally revised their classic practice-building book for today's therapists and future coaches. Every chapter in this second edition has been updated and rewritten, reflecting the growth of the coaching field and its increasing appeal to not only therapists, but all helping professionals. The book begins by exploring the history of the coaching movement and shows how society is hungry for life coaches. The second part of the book explains in detail the differences and similarities between coaching and therapy, discusses the coaching relationship, and considers some of the skills therapists will need to learn and unlearn in order to reclaim their joyfulness about their work. Professional transition tools such as developing and marketing your practice and honing your coaching skills are discussed at length in Part Three. The final section moves beyond basic life coaching to introduce coaching specialties such as corporate coaching, offers self-care strategies for life coaches, and peeks into the future of life coaching. There is new material throughout, including an overview of recent coaching developments, updated liability concerns, new business opportunities, and a new section on the research about coaching. Coaching gives practitioners the opportunity to break free of managed care and excessive reliance on the insurance industry and to work with a wide range of clients—specifically, those who are not suffering from mental illness but, rather, seeking to maximize their life potential. This book will help you enter this lucrative and personally enriching world with the skills and knowledge you need to build a successful coaching practice.

wellness coach business cards: Becoming a Professional Life Coach: Lessons from the Institute of Life Coach Training Diane S. Menendez, Patrick Williams, 2015-03-23 An updated version of the best-selling therapist-to-coach transition text. With his bestselling *Therapist As Life Coach*, Pat Williams introduced the therapeutic community to the career of life coach, and in *Becoming a Professional Life Coach* he and Diane Menendez covered all the basic principles and strategies for effective coaching. Now Williams, founder of the Institute for Life Coach Training (ILCT), and Menendez, former faculty at ILCT—both master certified coaches—bring back the book that has taught thousands of coaches over the past eight years with all-new information on coaching competencies, ethics, somatic coaching, wellness coaching, and how positive psychology and neuroscience are informing the profession today. Moving seamlessly from coaching fundamentals—listening skills, effective language, session preparation—to more advanced ideas such as helping clients to identify life purpose, recognize and combat obstacles, align values and actions, maintain a positive mind-set, and live with integrity, this new edition is one-stop-shopping for beginner and advanced coaches alike. Beginning with a brief history of the foundations of coaching and its future trajectory, *Becoming a Professional Life Coach* takes readers step-by-step through the coaching process, covering all the crucial ideas and techniques for being a successful

life coach, including: • Listening to, versus listening for, versus listening with • Establishing a client's focus • Giving honest feedback and observation • Formulating first coaching conversations • Asking powerful, eliciting questions • Understanding human developmental issues • Reframing a client's perspective • Enacting change with clients • Helping clients to identify and fulfill core values, and much, much more. All the major skillsets for empowering and "stretching" clients are covered. By filling the pages with client exercises, worksheets, sample dialogues, and self-assessments, Williams and Menendez give readers a hands-on coaching manual to expertly guide their clients to purposeful, transformative lives. Today, with more and more therapists incorporating coaching into their practices, and the number of master certified coaches, many with niche expertise, growing every year, *Becoming a Professional Life Coach* fills a greater need than ever. By tackling the nuts and bolts of coaching, Williams and Menendez equip readers with the tools and techniques they need to make a difference in their clients' lives.

wellness coach business cards: Adaptive Coaching Terry R. Bacon PhD, Laurie Voss PhD, 2011-01-11 The fully revised follow-up to Training Media Review's BEST2BUY Winner If every person is unique, why do coaches use the same worn-out methods for everyone? Employees seeking performance improvement require a coaching approach tailored to meet their specific needs and preferences. In *Adaptive Coaching, Second Edition*, executive development experts Terry Bacon and Laurie Voss draw from over 2,000 case studies of Fortune 500 employees to show how people prefer to be coached - and the powerful results coaches can achieve by being adaptable. This essential handbook offers the key tools and techniques that coaches require to identify clients' real needs, negotiate expectations, adapt to different working styles, and help clients change. Bacon and Voss also include numerous examples of coaching dialogues that illustrate how to initiate coaching sessions, build rapport, ask probing questions, give feedback, challenge clients, and effectively close coaching sessions. With four new chapters, *Adaptive Coaching, Second Edition* explores new coaching techniques for encouraging transformative change in your clients. It is the perfect companion to your creative, unique coaching sessions, teaching you to master the on-going and ever changing dialogue between coach and client.

wellness coach business cards: Coaching Psychology Manual Margaret Moore, Erika Jackson, 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.

wellness coach business cards: Covert Cows and Chick-fil-A Steve Robinson, 2019-06-11 The longtime chief marketing officer for Chick-fil-A tells the inside story of how the company turned prevailing theories of fast-food marketing upside down and built one of the most successful and beloved brands in America. *Covert Cows* will help you... Discover unexpected, out-of-the-box marketing methods and new ways of approaching business problems. Understand the positive impact of building a business based on biblical principles. Receive an insider's look at the evolution of one of America's most beloved brands. Learn key marketing and business insights from the man who was the chief marketing officer for Chick-fil-A for thirty-four years. During his thirty-four-year tenure at Chick-fil-A, Steve Robinson was integrally involved in the company's growth--from 184 stores and \$100 million in annual sales in 1981 to over 2,100 stores and over \$6.8 billion in annual sales in 2015--and was a first-hand witness to its evolution as an indelible global brand. In *Covert Cows and Chick-fil-A*, Robinson shares behind-the-scenes accounts of key moments, including the creation of the Chick-fil-A corporate purpose and the formation and management of the now-iconic Eat Mor Chikin cow campaign. Drawing on his personal interactions with the gifted team of company leaders, restaurant operators, and the company's founder, Truett Cathy, Robinson explains the important traits that built the company's culture and sustained it through recession and many

other challenges. He also reveals how every aspect of the company's approach reflects an unwavering dedication to Christian values and to the individual customer experience. Written with disarming candor and revealing storytelling, Covert Cows and Chick-fil-A is the never-before-told story of a great American success.

wellness coach business cards: Business Fundamentals for the Rehabilitation

Professional Tammy Richmond, Dave Powers, 2024-06-01 The world of business is ever changing, with much of the available information becoming quickly out-of-date. Business Fundamentals for the Rehabilitation Professional, Second Edition keeps pace with this changing world and provides the health care professional with the latest information to answer the “what, where, how, and when” questions that come up when transforming a health care practice idea into a successful business. With this updated Second Edition, Tammy Richmond and Dave Powers take the health care professional to the next level of implementing successful business operations by the introduction of applications of management principles, as well as implementation of evidence-based practice guidelines and basics to billing and coding documentation. Business Fundamentals for the Rehabilitation Professional, Second Edition addresses how to identify emerging business opportunities, legal and health care regulatory issues, market research and development, and health care operations. New features in the Second Edition: New Management and Operations checklist An in-depth look at reimbursement, billing, and financial survival Strategic target market promotions Updated templates and tools Review questions Downloadable worksheets available with text purchase Keeping the user-friendly format of a workbook, Business Fundamentals for the Rehabilitation Professional, Second Edition is the perfect resource for master and doctorate level students preparing for the professional world, as well as rehabilitation professionals and entrepreneurs interested in obtaining knowledge in starting up, managing, expanding, or understanding the health care practice system. What will you learn? How to create a vision and mission statement How to develop a business and marketing plan How to manage finances within the scope of the practice What are your local state and federal regulations What are the small business guidelines

wellness coach business cards: 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!

wellness coach business cards: Coach Kizzi's The Personal Development Coach Kizzi

Nkwocha, 2023-10-10 Coach Kizzi's The Personal Development Coach is a groundbreaking book by Kizzi Nkwocha, a distinguished personal development coach and the creator of influential publications like Business Game Changer Magazine, The Property Investor Magazine, and Money and Finance Magazine. This authoritative work is set to revolutionize the personal development coaching industry and elevate the skills and impact of both experienced and aspiring coaches. In this enlightening book, Nkwocha introduces readers to The Ten Laws of Personal Development Coaching, a set of principles that provide not only vital ethical guidance but also practical strategies for coaches looking to excel in their field. These laws are the cornerstone of personal development coaching, offering a clear roadmap for coaches to follow and ensuring they provide the highest quality guidance to their clients. What also sets Coach Kizzi's The Personal Development Coach

apart are the thought-provoking Eureka Stories woven throughout the book. These anecdotal tales are designed to engage readers on a personal level, allowing them to insert their own details and experiences into the narratives. By doing so, readers make these stories their own, deepening their understanding of the principles and ideas presented and enabling them to apply these insights directly to their coaching practice. Coach Kizzi's *The Personal Development Coach* is the first business book in the world to feature illustrative stories that can be personalized by the reader. The benefits of reading this book are vast and transformative. Aspiring coaches will gain the knowledge and confidence needed to embark on a successful coaching journey. Experienced coaches will discover new perspectives and strategies to enhance their existing practice. Coach Kizzi's *The Personal Development Coach* empowers coaches to become catalysts for change, helping clients unlock their true potential and lead fulfilling lives. In Coach Kizzi's *The Personal Development Coach*, Kizzi Nkwocha invites readers to take a transformative journey, one that promises not only personal growth but a profound and lasting impact on the lives of those they coach. This book is a must-read for anyone serious about excelling in the field of personal development coaching and making a significant difference in the world.

wellness coach business cards: *Building a Wellness Business That Lasts* Rick Stollmeyer, 2020-10-20 Start and grow a durable business in the rapidly growing wellness industry! As we emerge from COVID-19 the world sits on the cusp of a massive wave of wellness industry growth. This Fourth Wave of Wellness will bring hundreds of millions more people into healthier, happier lifestyles, creating millions of jobs and producing massive entrepreneurial opportunities. Whether your goal is to work from home, open a neighborhood wellness studio or launch the next global wellness brand, *Building a Wellness Business That Lasts* is your definitive guide. Wellness has become one of the largest and most important business opportunities of our age, fueled by massive societal trends, rapid technology innovations, and hundreds of thousands of wellness business entrepreneurs. Independent teachers, trainers, and therapists and studio, gym, spa, and salon owners across the globe are transforming shopping malls and downtown districts with wellness experiences that help hundreds of millions of people live healthier, happier lives. Author Rick Stollmeyer is the co-founder and CEO of Mindbody, Inc., the leading technology platform for the wellness industry. Over more than two decades, Rick built Mindbody from a garage startup into a multi-billion-dollar technology platform for the wellness industry, helping thousands of wellness business owners achieve their visions in the process. This experience has given Rick a front row seat to the explosive growth of the wellness industry. He brings that unique experience and his passion for entrepreneurship to *Building a Wellness Business That Lasts*. This book will inspire and inform you at the same time and will serve as a powerful guide you can refer to on your path to success.

wellness coach business cards: *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.

wellness coach business cards: *Think Like a Monk* Jay Shetty, 2020-09-08 Jay Shetty, social media superstar and host of the #1 podcast *On Purpose*, distills the timeless wisdom he learned as a monk into practical steps anyone can take every day to live a less anxious, more meaningful life. When you think like a monk, you'll understand: -How to overcome negativity -How to stop overthinking -Why comparison kills love -How to use your fear -Why you can't find happiness by looking for it -How to learn from everyone you meet -Why you are not your thoughts -How to find your purpose -Why kindness is crucial to success -And much more... Shetty grew up in a family where you could become one of three things—a doctor, a lawyer, or a failure. His family was convinced he had chosen option three: instead of attending his college graduation ceremony, he headed to India to become a monk, to meditate every day for four to eight hours, and devote his life

to helping others. After three years, one of his teachers told him that he would have more impact on the world if he left the monk's path to share his experience and wisdom with others. Heavily in debt, and with no recognizable skills on his résumé, he moved back home in north London with his parents. Shetty reconnected with old school friends—many working for some of the world's largest corporations—who were experiencing tremendous stress, pressure, and unhappiness, and they invited Shetty to coach them on well-being, purpose, and mindfulness. Since then, Shetty has become one of the world's most popular influencers. In 2017, he was named in the Forbes magazine 30-under-30 for being a game-changer in the world of media. In 2018, he had the #1 video on Facebook with over 360 million views. His social media following totals over 38 million, he has produced over 400 viral videos which have amassed more than 8 billion views, and his podcast, On Purpose, is consistently ranked the world's #1 Health and Wellness podcast. In this inspiring, empowering book, Shetty draws on his time as a monk to show us how we can clear the roadblocks to our potential and power. Combining ancient wisdom and his own rich experiences in the ashram, Think Like a Monk reveals how to overcome negative thoughts and habits, and access the calm and purpose that lie within all of us. He transforms abstract lessons into advice and exercises we can all apply to reduce stress, improve relationships, and give the gifts we find in ourselves to the world. Shetty proves that everyone can—and should—think like a monk.

wellness coach business cards: *The Generosity Practice* Christina Frei, 2021-07-25 Hey creative leader and changemaker! Let's grab a cup of tea and dig into why you get scattered and exhausted sometimes. What to do about it? Let me share something fun, effective and different. The Generosity Practice: 40-Days to Unstoppable connects you with a hidden and restorative capacity: joyfully serving others. This program is your playground for sustainable leadership. No need to be an exhausted martyr. No need for a gigantic bank account. In ten minutes a day, you build courage, strengthen your will, and generate ideas that will have you changing lives without running yourself down. The Generosity Practice reveals who you are, what matters to you, and how you love to help people - daily. This is fuel. Along the way, you come alive in this truth: that nothing is better than thoughtfully serving others and contributing to their well-being. This makes you unstoppable. Based on Christina Frei's two field studies held in five countries, her online Generosity Practice mastery program, 20 years of mindfulness training, and her work with hundreds of marketing clients.

wellness coach business cards: *Intuitive Life-coaching Oracle* Kelly T. Smith, 2020 In today's fast-paced world with its constant stream of information, advertisements, and advice, it can be hard to know where to turn when you need help. The answers may lie within you, if you know how to connect with your deeper self and access your intuition. The Intuitive Life-Coaching Oracle offers guidance on any issue or emotional challenge you may be facing and will provide you with practical solutions, advice, and wisdom. Whether you want to celebrate your accomplishments, learn from past mistakes, or need advice on a future decision, this oracle will help you tap into your intuition and higher self, allowing you to discover your fullest potential and live a life of ease and flow. Intuitive by nature, you will receive messages from your guides and angels to escort you on your path to greatness. Now is the time to take full responsibility for your life and your future. Slow down, take a deep breath, and work with the Intuitive Life-Coaching Oracle to help you live a life of spiritual connectedness--

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the results to determine exactly what psychological skills, techniques, and strategies they use. This book is the result of her studies. Positive Poker outlines the mental skills that you need to develop if you want raise your game. Positive Poker will help you to: Optimize your brain for efficient learning Increase motivation and stay positive Use psychological skills to increase your win rate Increase self-control and reduce tilt Patricia is aided in her investigations by the highly successful poker pro Jonathan Little, author of the critically acclaimed series, Secrets of Professional Tournament Poker.

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