

wellness coach business names

Wellness Coach Business Names: Finding the Perfect Brand Identity

Choosing the right name for your wellness coaching business is crucial. It's the first impression you make on potential clients, setting the tone for your brand and influencing whether people choose you over the competition. A memorable and relevant name can be the difference between a thriving practice and one struggling to gain traction. This comprehensive guide will help you brainstorm, refine, and ultimately choose the perfect wellness coach business name that resonates with your target audience and reflects your unique expertise. We'll explore creative naming strategies, offer practical tips, and provide examples to inspire your own unique brand identity. Let's dive in!

Understanding Your Brand Before Choosing a Name

Before you even start brainstorming catchy names, you need a solid understanding of your brand. Ask yourself these crucial questions:

What specific niche do you serve? Are you a life coach focusing on work-life balance? A nutrition coach specializing in weight loss? A mindfulness coach helping with stress management? Your niche will heavily influence your name choice.

Who is your ideal client? Understanding your target demographic (age, lifestyle, values) will help you choose a name that appeals to them. A name that resonates with young professionals might not be suitable for retirees.

What is your brand personality? Are you playful and approachable, or sophisticated and professional? Your name should reflect your brand's overall personality and tone. A serious and formal name might not suit a fun and energetic coaching style.

What are your core values? What principles guide your coaching practice? Incorporate these values into your name, subtly or directly, to create a strong brand identity.

What feeling do you want to evoke? Do you want to inspire hope, promote calm, or instill confidence? The emotions your name evokes are just as important as its literal meaning.

Creative Strategies for Generating Wellness Coach Business Names

Now that you understand your brand, let's explore some creative strategies for generating potential names:

Keyword Integration: Incorporate relevant keywords like "wellness," "health," "balance," "mindfulness," "life," "nutrition," or terms specific to your niche. However, avoid overly keyword-stuffed names that sound unnatural.

Portmanteau Names: Combine two related words to create a unique and memorable name. For example, combining "mind" and "flow" could result in "MindFlow Wellness."

Descriptive Names: Directly describe your services. For example, "Balanced Life Coaching" or "The Nutrition Navigator." While simple, they clearly communicate your offering.

Metaphorical Names: Use metaphors or imagery related to wellness and transformation. Think about symbols of growth, strength, or inner peace. For example, "The Phoenix Rise Coaching" or "Serene Steps Wellness."

Location-Based Names: If you are targeting a specific geographic area, consider incorporating the location into your name. For example, "Aspen Wellness Coaching" or "Coastal Calm Coaching."

Personal Branding: Use your own name or a variation of it. This works well if you have a strong personal brand already established.

Tips for Choosing the Perfect Wellness Coach Business Name

Keep it short and memorable: A shorter name is easier to remember and pronounce.

Check for availability: Ensure the name isn't already in use and that the corresponding domain name and social media handles are available.

Say it aloud: Test the name out loud to ensure it sounds good and is easy to pronounce.

Get feedback: Ask trusted friends, family, and potential clients for their opinions on your favorite names.

Consider legal implications: Ensure the name doesn't infringe on any existing trademarks or copyrights.

Examples of Catchy Wellness Coach Business Names

Here are a few examples to spark your imagination:

Flourish & Thrive Coaching (Positive and aspirational)
Inner Compass Wellness (Suggests guidance and self-discovery)
The Resilient Soul Coaching (Emphasizes strength and overcoming challenges)
MindBody Harmony (Focuses on holistic wellness)
Clarity & Calm Coaching (Highlights stress reduction and mental clarity)
Evolve Wellness Solutions (Modern and forward-thinking)
Peak Performance Coaching (Targets high-achievers)
Nourish & Bloom Wellness (Appeals to a health-conscious audience)

Protecting Your Business Name

Once you've chosen your perfect name, take steps to protect it. This involves registering your business name (usually through your state or country's relevant authorities), securing your domain name, and creating your social media profiles.

Conclusion

Choosing a wellness coach business name is a significant step in establishing your brand. By carefully considering your niche, target audience, and brand personality, and by utilizing creative naming strategies, you can create a name that resonates with your clients and sets you up for success. Remember to check for availability, get feedback, and protect your chosen name. Your business name is more than just words; it's the foundation of your brand identity.

FAQs

1. Can I use my own name for my wellness coaching business? Absolutely! Personal branding can be highly effective, especially if you already have a strong online presence. However, consider adding a descriptive element to clarify your services.
1. How important is the domain name? Crucial. Secure a domain name that matches your business name (or a very close variation) as soon as possible to establish your online presence.

1. What if my ideal name is already taken? Brainstorm variations, add a descriptive word, or slightly alter the spelling.

1. How can I check for trademark infringement? Consult a legal professional or use online resources to check for existing trademarks before settling on a name.

1. Should I test my name with my target audience before launching? Yes! Get feedback from potential clients to ensure your name resonates with them and reflects your brand accurately.

wellness coach business names: 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 names: Mila's Meals Catherine Barnhoorn, 2021-11 Mila's Meals is part cookbook, part whole-food nutrition encyclopaedia covering The Beginning of your child's lifelong relationship with food and The Basics of feeding yourself food that is medicine.

wellness coach business names: Ultimate Guide to LinkedIn for Business Ted Prodromou, 2015-03-02 How To Get Connected with More than 300 Million Customers This popular title delivers an in-depth guide to targeting, reaching, and gaining ideal customers using the latest updates on LinkedIn. LinkedIn expert Ted Prodromou offers a wealth of no- or low-cost methods for maximizing this dynamic resource. Following his lead, readers learn to link with the most effective connections

for greater exposure. Updates in this edition include: Staying up-to-date with LinkedIn Contacts, Pulse, and Publisher programs Expansion of premium accounts to help optimize business profiles, stand out in search results, and track impact How to implement new features like Showcase and Company Updates pages for extended presence in newsfeeds and with followers Smarter LinkedIn Search that saves time and money with customized, comprehensive results Other important topics covered include: Techniques and tips to easily navigate LinkedIn's interface Time saving tips on finding and matching data from businesses and people Expert guidance on super-charging a business or individual profile Insider advice on getting found through LinkedIn and maximizing search Professional instruction on promoting a LinkedIn profile The latest information is illustrated with current snapshots, fresh examples, and case studies, along with new techniques to easily maneuver LinkedIn's interface.

wellness coach business names: Law and Ethics in Coaching Patrick Williams, Sharon K. Anderson, 2012-07-05 This book provides an easy-to-read introduction to the core ethical and professional issues faced by all coaches irrespective of length of coaching experience. The case studies and guidelines in this book will help coaches constructively reflect on their coaching practice, and will help build the solid ethical foundation that professional coaching practice demands. A very useful text for both the beginning and experienced coach. --Anthony M. Grant, PhD, Director, Coaching Psychology Unit, University of Sydney Pat Williams is quickly becoming the authority on the ethics of the coaching profession. He brings his full integrity and passion to this wonderful book. Do not overlook the importance of this book to your success. --Laura Berman Fortgang, MCC, pioneer in the coaching field and author of Take Yourself to the Top and Now What? 90 Days to a New Life Direction The first comprehensive book covering ethical and legal guidelines for personal and executive coaches As coaching grows into a unique and fully established profession, coaches are already discovering and dealing with the special ethical and legal dilemmas that can arise in the coaching context. Law and Ethics in Coaching presents the first comprehensive look at ethical and legal issues in coaching. From coach-client conflicts to conflicts of interest, from assessments to informed consent, the authors detail the breadth of ethical quandaries in coaching and provide highly practical advice for avoiding problems--and for solving them. With contributions from leaders in law, ethics, and coaching, the text includes coverage of: * The emergence of the coaching profession and its intersection with ethics and law * Foundations of ethics for professions * Making ethical choices * Getting, growing, and measuring coaching ability * Developing and maintaining client trust * Multiple-role relationships in coaching * Ethical use of assessments in coaching * Legal issues and solutions for coaches * The intersection of culture and ethics in organizations * Coaching into the future Filled with a dynamic blend of case studies, discussion questions, illuminating quotes, and other examples, Law and Ethics in Coaching is both a trailblazing professional reference and an unparalleled textbook for coaching programs.

wellness coach business names: I Can Coach Siddharth Rajsekar, Welcome to I CAN COACH - Stories Of Transformation - Volume 1, a celebration of the power within all of us to transform lives. This book series, written by Siddharth Rajsekar, the founder of the Internet Lifestyle Hub, is a testament to the potential for change and growth that resides within each of us. Drawing on over 10 years of research and 5 years of practical implementation in building thriving digital communities, Siddharth Rajsekar illuminates the transformative power of digital coaching through his successful students. In a world where traditional education systems struggle to keep pace with rapid change, I CAN COACH introduces a dynamic, flexible, and individualized approach to learning. The book showcases over 45 inspiring stories of real people who have embraced the Freedom Business Model process. These stories represent individuals from all walks of life who have turned their knowledge into vibrant ecosystems, facing obstacles with unwavering determination. From teachers to tech enthusiasts, artists to entrepreneurs, these individuals have discovered the magic of creating thriving digital communities. I CAN COACH is more than a book; it's a call to action. It offers hope to those who've doubted their potential, those who've felt constrained by circumstances, and those who've questioned the feasibility of their dreams. This series delivers a simple yet profound

message: You have the power to coach, to transform lives, and to create your own path to success. Accessible to all readers, from the youngest to the oldest, I CAN COACH invites you to embrace the belief that you can inspire and lead, turning your knowledge into a fulfilling and financially abundant life. Siddharth Rajsekar's experience as the founder of the Internet Lifestyle Hub has witnessed countless transformations, from teachers becoming digital entrepreneurs to homemakers becoming influential coaches. This book is your guide, your inspiration, and your reminder that greatness is within your grasp. No matter where you start, this book will show you where you can go. Let these stories empower you to chase your dreams with unwavering determination. Always remember, I can is the most potent phrase in your arsenal.

wellness coach business names: *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 names: *Mastering Diabetes* Cyrus Khambatta, PhD, Robby Barbaro, MPH, 2020-02-18 The instant New York Times bestseller. A groundbreaking method to master all types of diabetes by reversing insulin resistance. Current medical wisdom advises that anyone suffering from diabetes or prediabetes should eat a low-carbohydrate, high-fat diet. But in this revolutionary book, Cyrus Khambatta, PhD, and Robby Barbaro, MPH, rely on a century of research to show that advice is misguided. While it may improve short-term blood glucose control, such a diet also increases the long-term risk for chronic diseases like cancer, high blood pressure, high cholesterol, chronic kidney disease, and fatty liver disease. The revolutionary solution is to eat a low-fat plant-based whole-food diet, the most powerful way to reverse insulin resistance in all types of diabetes: type 1, type 1.5, type 2, prediabetes, and gestational diabetes. As the creators of the extraordinary and effective Mastering Diabetes Method, Khambatta and Barbaro lay out a step-by-step plan proven to reverse insulin resistance-the root cause of blood glucose variability-while improving overall health and maximizing life expectancy. Armed with more than 800 scientific references and drawing on more than 36 years of personal experience living with type 1 diabetes themselves, the authors show how to eat large quantities of carbohydrate-rich whole foods like bananas, potatoes, and quinoa while decreasing blood glucose, oral medication, and insulin requirements. They also provide life-changing advice on intermittent fasting and daily exercise and offer tips on eating in tricky situations, such as restaurant meals and family dinners. Perhaps best of all: On the Mastering Diabetes Method, you will never go hungry. With more than 30 delicious, filling, and nutrient-dense recipes and backed by cutting-edge nutritional science, Mastering Diabetes will help you maximize your insulin sensitivity, attain your ideal body weight, improve your digestive health, gain energy, live an active life, and feel the best you've felt in years.

wellness coach business names: *Let Me Get My Coffee! Then We'll Talk Business And The Lessons I Learned as an Entrepreneur* Wendy D. Steele, 2019-02-28 Let Me Get My Coffee! Then We'll Talk Business And the Lessons I Learned as an Entrepreneur Don't like your job? Start your own business! You are so good at that! You should start your own business! Stop slaving away 60-70 hours a week for them and start your own business! We hear something like this nearly every day. On the job, in church, and from family and friends. Today, there are more entrepreneurial programs popping up in colleges across the nation and experts everywhere telling you to just do it!

You probably know a few people who at least have side hustles or a small business. They're generally easy to start, but running and growing a business is whole different story! It's not easy, but it can be very rewarding. Is it for you? Can you weather-the-storm to stay in business. What does it take to make a decent living and not throw in the towel? Let Me Get My Coffee! Then We'll Talk Business is not about choosing your legal structure, writing the business plan, raising capital or bank financing. There are tons of books out there on this already. This book is about how I started my latest venture—Blue Print Resumes & Consulting, what I did wrong and what I did right to generate six-figure revenues, stayed in business during the most difficult times, and continue to make a great living 14 years and counting! I talk about: · Visualizing · How I Started with Just \$500 and Grew to Multiple Locations Around the U.S. · How I Handled Down Times · Mistakes I Made with Advertising · Choosing the Right Clients to Work With · Growing Pains And More! Let Me Get My Coffee! Is the first book in my coffee talk series. If you're a startup or an aspiring business owner, just let me get my coffee and I will give you an idea of some of the hurdles you may have to face and how to keep pushing through adversity. From my lessons learned, you'll read how to be profitable and keep the lights on! Wendy Steele is the founder of BluePrint Resumes & Consulting located in Atlanta, GA. With multiple offices throughout the U.S. Since 2005, she has experienced nearly all aspects of what it's like to start and run a small business, and is now on a journey to share her knowledge with you. For more information visit: wendydsteeler.com or: wendyknows.net—a blog on what she knows about business and careers. To learn about BluePrint Resumes & Consulting visit: blueprintresumes.com.

wellness coach business names: The Inside-Out Revolution Michael Neill, 2013-05-06 Would you like to experience amazing clarity, peace, and freedom, even in the midst of challenging circumstances? In this groundbreaking new book, bestselling author Michael Neill shares an extraordinary new understanding of how life works that turns traditional psychology on its head. This revolutionary approach is built around three simple principles that explain where our feelings come from and how our experience of life can transform for the better in a matter of moments. Understanding these principles allows you to tap into the deeper intelligence behind life, access your natural wisdom and guidance, and unleash your limitless creative power. You'll be able to live with less stress, greater ease, and a sense of connection to the larger unfolding of life. Welcome to the space where miracles happen... Are you ready to begin?

wellness coach business names: A Guide to Coaching and Mental Health Andrew Buckley, Carole Buckley, 2012-11-12 It is vital that coaches have the ability to recognise mental health problems in their clients, enabling them to make an informed decision about whether coaching is appropriate. A Guide to Coaching and Mental Health provides an indispensable introduction to the assessment of psychological issues in the context of coaching. Divided into three sections, the book covers all the legal, ethical and practical considerations. Section one, Working on the Boundary, starts by exploring the distinction between normal and abnormal behaviour. In section two, What's Being Said, the authors introduce fictional case studies, which cover a range of possible mental health issues from mild depression and anxiety, through to psychoses and potentially life threatening problems. Section three, Categories of Mental Illness, guides the reader through the definition and management of the more common mental health problems. This accessible and jargon-free guide to identifying mental illness will prove invaluable for coaches and other related professionals, whatever their level of experience.

wellness coach business names: Prime-Time Health William Sears, 2010-01-06 Twelve years ago, renowned physician and author Dr. William Sears was diagnosed with cancer. He, like so many people, wanted -- and needed -- to take control of his health. Dr. Sears created a comprehensive, science based, head-to-toe program for living a long, fit life -- and it worked. Now at the peak of health, Dr. Sears shares his program in Prime-Time Health. This engaging and deeply informative book will motivate readers to make crucial behavior and lifestyle changes. Dr. Sears explores how to keep each body system healthy and delay those usual age-related changes. Written in Dr. Sears's wise, accessible, and entertaining voice, Prime-Time Health is a practical program to help you live

your best life possible-pain-free, disease-free, stress-free, and medication-free.

wellness coach business names: *Smile Across Your Heart* Laurie Martin, 2007 *Smile Across Your Heart* explores the full spectrum of living life consciously from the inside out. It includes how to be spiritual in the business world, helpful practices and exercises, personal stories and clients' experiences, highlights of the spiritual, emotional, and physical aspects of life, and learning how to connect to, trust, and listen to your heart.

wellness coach business names: *Living in Tune* Liz Roberta, 2022-01-11 Spiritual coach and intuitive tarot reader Liz Roberta helps readers to connect with their intuition and discover their true calling. That deeper calling within you? Don't ignore it! It's time to start listening to your intuition - and following it to find your true purpose. Intuition is the strongest tool we have, but far too often we forget to use it or aren't sure where to begin. If you're feeling a little lost, unmotivated or unsure of the best path to take, it's time to look inward and listen. This is the ultimate guide for you to connect with your intuition, discover your soul's calling and finally lead a life where you feel inspired, joyful and in flow. Liz Roberta has devised an accessible framework of 21 transformative questions to help you take practical steps to activate your intuition, figure out what feels right for you and start living in alignment with your purpose. These questions will help you to see the most potent and powerful parts of yourself that you may have been hiding from. You'll discover how to: · tune in to your own intuition · identify your life purpose · trust yourself deeply and gain confidence · choose a life path that is truly your own You are here for a reason and your soul knows what's best for you. When you finish the last page, you'll know too. Trust your intuition, start living in tune with the flow of life and you'll find you're able to guide yourself to exactly where you're meant to be.

wellness coach business names: *Best Life* , 2008-08 *Best Life* magazine empowers men to continually improve their physical, emotional and financial well-being to better enjoy the most rewarding years of their life.

wellness coach business names: *Coaching by Values (Cbv)*: Simon L. Dolan, 2011-08-03 This book is about values. It is about life values, work values, family values, and world values. It is also about value alignment. Author Simon Dolan extends the concepts presented in the best-selling *Managing by Values*, adding many innovations including a step-by-step methodology for diagnosing value congruence and tools for conducting real value reengineering (value alignment). Dolan argues that when people understand their values (regardless of how and why they have emerged), and analyze their relative importance and consequences, they can see more clearly how these values affect their daily lives. Extensive research shows that realignment of values ensures better congruence with goals and objectives resulting in deeper inner satisfaction, which positively affects overall well-being, state of mind, performance, and general happiness. This is what the author calls success in the life of business and the business of life. The description is fresh and innovative, the methodology is clear, and the tools can be used by individuals, business professionals, families, organizations, and wellness and life coaches alike. Click on the links below for available book reviews. www.forewordreviews.com/reviews/coaching-by-values/
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wellness coach business names: *Best Life* , 2008-08 *Best Life* magazine empowers men to continually improve their physical, emotional and financial well-being to better enjoy the most rewarding years of their life.

wellness coach business names: *Trust Yourself* Melody Wilding LMSW, 2021-05-04 Regain your confidence at work, transform your sensitivity into a superpower Being highly attuned to your emotions, your environment, and the behavior of others can be the keys to success, but they can also lead to overthinking, overworking, and overgiving. It's time to Trust Yourself. Over the last decade, award-winning human behavior expert and executive coach Melody Wilding, LMSW has helped thousands of Sensitive Strivers (highly sensitive, high-achieving professionals and leaders) get out of their own way. And now, in this groundbreaking book, Wilding offers practical, research-based

strategies to reclaim control of your career and reach your full potential. You'll discover: PRACTICAL STRATEGIES to harness your sensitivity and emotional intelligence, turning them into a superpower in the workplace. PROVEN TECHNIQUES to quiet your inner critic and make decisions with confidence. STEP-BY-STEP GUIDES to set healthy boundaries and protect your energy from difficult co-workers CONCRETE, ACTIONABLE TOOLS to develop resilience, bounce back from setbacks, and navigate workplace challenges with grace. WORD-FOR-WORD SCRIPTS to push back on extra work, promote your accomplishments, and more. Through her refreshingly approachable yet deeply empathetic approach, Wilding offers a life-changing roadmap that has helped readers across the globe to break the cycle of self-sabotage and self-doubt by transforming your perceived weaknesses into your biggest strengths.

wellness coach business names: Behavioral Coaching Suzanne Skiffington, Perry Zeus, 2003-08-30 The first published book to detail a model of behavioural coaching and how to apply it. Behavioral Coaching is a universal and scientific model, resulting in validated, measurable, sustained learning and change in individuals and organisations. Both of the authors are leaders in their fields. Their books sell well internationally and they have an established reputation as coaching authorities. This book follows on from the first two books; The Complete Guide to Coaching at Work was a general introduction to definitions and applications of coaching. Behavioral Coaching provides a model of practice for the coaching applications in The Complete Guide to Coaching at Work and the tools and techniques described in The Coaching at Work Toolkit. This book presents a coherent definition and model of behavioural coaching based upon scientific, validated behavioural principles.

wellness coach business names: Chief Dietitian National Learning Corporation, 2014 The Chief Dietitian Passbook(R) prepares you for your test by allowing you to take practice exams in the subjects you need to study. It provides hundreds of questions and answers in the areas that will likely be covered on your upcoming exam, including but not limited to: administrative techniques and practices; food handling and storage; proper food preparation and serving techniques; food service management principles and practices; basic nutrition and dietetics; and more.

wellness coach business names: *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 names: The Conversion Equation Terri Levine, PhD, 2021-05-04 The Conversion Equation is a no-nonsense guide for business owners to ensure their business gets more prospects, closes more sales, and makes more money immediately. Times have moved on, yet businesses haven't changed their sales and marketing. Buyers are more knowledgeable and the traditional lead generation techniques of direct mail, exhibitions, telemarketing are no longer effective. The days of persuasion selling are gone while 61% of business owners say lead generation is their top challenge. Most businesses are doing marketing all wrong and wasting valuable time, spending hard-earned money, and using up limited energy on marketing that is not proven and does not work. In The Conversion Equation, best-selling author Dr. Terri Levine shares a proven process that has grown 8 multi-million-dollar businesses for her personally and has helped more than 6,000 business owners worldwide. She shows what is being done wrong in marketing and how to quickly shift to what works that is little known by almost all business owners. The Conversion Equation provides a process that can grow any business in any environment or situation. Terri teaches how to first have the right inner mindset, framework, and beliefs to generate qualified leads and have them close themselves. She combines her knowledge of human behavior and blends it with her Conversion Equation. The unique approach of this information is why her clients create more income fast.

wellness coach business names: Unconventional Medicine Chris Kresser, 2017-09-06 The world is facing the greatest healthcare crisis it has ever seen. Chronic disease is shortening our lifespan, destroying our quality of life, bankrupting governments, and threatening the health of future generations. Sadly, conventional medicine, with its focus on managing symptoms, has failed to address this challenge. The result is burned-out physicians, a sicker population, and a broken healthcare system. In Unconventional Medicine, Chris Kresser presents a plan to reverse this dangerous trend. He shows how the combination of a genetically aligned diet and lifestyle, functional medicine, and a lean, collaborative practice model can create a system that better serves the needs of both patients and practitioners. The epidemic of chronic illness can be stopped, if patients and practitioners can adapt.

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wellness coach business names: I Heart My Life Emily Williams, 2019-06-04 Written by entrepreneurial phenomenon Emily Williams, I Heart My Life is a guidebook for women to change their money mindset, get clarity on what they want and start living the life of their dreams. I Heart My Life is a guide for living life in a different way to everyone else--going for your desires and no longer letting doubt, shame, insecurity or other people's judgment stop you from moving forward with that something big you know you're meant for. It brings together mindset, money beliefs, success principles, vulnerability, and real-life stories of women who have made their career and life dreams come true. Emily Williams once couldn't even get a job at Starbucks. Yet she went on to move to a new country, clear \$30k in credit card debt and build a seven-figure coaching business from scratch. Having worked for years with thousands of women around the world to release what holds them back from the success they want, Emily is now sharing all her most powerful tools to help women radically transform their lives. In this book, you'll discover how to: cultivate a success mindset and trust the intelligence within your heart become clear about what you really want--then, go after it embrace gratitude as a driver for your ambition and success get big results and handle things when they don't go as planned be consistent, persistent and confident on the path towards your dreams Whether you're dreaming of starting your own business, getting ahead in your career, or just experience more joy, adventure and fulfilment in your life, I Heart My Life will catapult you toward your greatest desires.

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wellness coach business names: Be Healthy Every Day Maria Marlowe, 2018-11-06 Achieve Your Goals to Live a Healthier, Happier, More Balanced Life Be Healthy Every Day life planner will help you make them a reality! This 52-week motivational calendar and sticker set by noted nutrition and health coach Maria Marlowe guides you to learn about, set goals for, and stick to positive habits that will make you feel healthy, fit, and happy. Each week offers useful and supportive advice and tips, including: How to choose essential items for your pantry, fridge, and freezer—and what to toss How to make smart, healthy choices about snacks and packaged foods Basics for nutritious and delicious batch cooking and building veggie bowls, salad jars, healthy dressings, and more Plus: 300+ stickers that encourage you to choose healthy priorities, set and achieve healthy goals for eating and exercise, and nurture your relationships--and yourself With Be Healthy Every Day life planner, you can give yourself the gifts of feeling nourished, strong, focused, calm, and happy. What are you waiting for? The journey to your healthiest self can start today!

wellness coach business names: The Body Book Cameron Diaz, 2013-12-31 Cameron Diaz shares her formula for becoming happier, healthier, and stronger in this positive, essential guide grounded in science and inspired by personal experience, now a #1 New York Times bestseller. Throughout her career, Cameron Diaz has been a role model for millions of women. By her own candid admission, though, this fit, glamorous, but down-to-earth star was not always health-conscious. Learning about the inseparable link between nutrition and the body was just one of the life-changing lessons that has fed Cameron's hunger to educate herself about the best ways to feed, move, and care for her body. In *The Body Book*, she shares what she has learned and continues to discover about nutrition, exercise, and the mind/body connection. Grounded in science and informed by real life, *The Body Book* offers a comprehensive overview of the human body and mind, from the cellular level up. From demystifying and debunking the hype around food groups to explaining the value of vitamins and minerals, readers will discover why it's so important to embrace the instinct of hunger and to satisfy it with whole, nutrient-dense foods. Cameron also explains the essential role of movement, the importance of muscle and bone strength and why we need to sweat a little every day. *The Body Book* does not set goals to reach in seven days or thirty days or a year. It offers a holistic, long-term approach to making consistent choices and reaching the ultimate goal: a long, strong, happy, healthy life.

wellness coach business names: Coaching at End of Life Don Eisenhauer, J. Val Hastings, 2013-07 We live in a culture that is uneasy with end of life issues. Yet death is the one reality we must all face. All will die, and all will experience grief. This textbook will focus on the spiritual leader who wants to use a coach approach to minister to the dying and the grieving. Participants will take away practical skills and behaviors that will equip them to effectively minister as an end of life coach. In addition to the Eight Building Blocks of coaching, the reader will learn Eight Supporting Building Blocks for coaching the dying, and Eight Supporting Building Blocks for coaching the grieving. Practical tools for follow up are also introduced.

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wellness coach business names: Hometown Victory Keanon Lowe, Justin Spizman, 2022-05-10 *The Blindside meets Friday Night Lights* in Keanon Lowe's *Hometown Victory* when an NFL coach returns home after losing a friend to coach a team of struggling high school kids on a 23-game losing streak. Keanon Lowe was working as an offensive analyst for the San Francisco 49ers when his childhood friend and former high school teammate suddenly died from an opioid overdose. Keanon dropped everything—including the plum NFL job he had been working towards since childhood—leading him to a position as football coach at a struggling high school back in his hometown. At the time, Parkrose High School was in the middle of a 23-game losing streak—they were the ultimate underdogs. In many ways, the road to Parkrose was paved by Keanon's life-defining experiences—from a childhood spent dodging racist bullies and finding the support and mentorship he craved on the football team, to an NFL season where he worked closely with Colin Kaepernick as he evolved his sideline protest. Keanon was drawn to the young men on the Parkrose team, and to the school itself. After two years, he pushed them to become conference champions, mentoring countless players along the way. But still, there was that nagging sense that his calling wasn't meant to stop there. He was at that school for a reason. In May 2019, he got his answer when a 19-year-old student entered a Parkrose classroom with a trench coat and shotgun. Keanon disarmed him and pulled the boy into a hug, telling him he cared. In the boy, Keanon saw himself, and the young men he grew up with or mentored along the way—and weren't so many of them just looking for acceptance, for comfort, for love? With the heart of favorite football classics—*The Blindside*, *Friday Night Lights*, *Remember the Titans*—Keanon's journey at Parkrose is the true account of a life spent striving forward, even when faced with the unimaginable. *Hometown Victory* is a story about gratitude, service, and most of all, hope.

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detailed explanations in the context of core themes such as customer satisfaction, ethics, entrepreneurship, global business, and managing change. Introduction to Business includes hundreds of current business examples from a range of industries and geographic locations, which feature a variety of individuals. The outcome is a balanced approach to the theory and application of business concepts, with attention to the knowledge and skills necessary for student success in this course and beyond. This is an adaptation of Introduction to Business by OpenStax. You can access the textbook as pdf for free at openstax.org. Minor editorial changes were made to ensure a better ebook reading experience. Textbook content produced by OpenStax is licensed under a Creative Commons Attribution 4.0 International License.

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love. (Nothing is off-limits, not even dessert or a glass of wine.) You'll be in control. (Say goodbye to emotional and mindless eating.) You can finally keep off the weight! (These powerful weight-loss tools will be yours for life.) The 2B Mindset method changed my life. I struggled with yo-yo dieting the whole first half of my life. I was always the big one in the group. By the time I turned 13, I weighed over 200 pounds, and I felt terrible about myself. That's when I realized I had to break the cycle. Through trial and error, and lots of research, I discovered a simple and effective way to lose weight, while still eating large portions and the foods I loved. Over time, I lost 100 pounds, and kept the weight off. . . even after having two beautiful children. My secret? It's called the 2B Mindset. It has helped thousands of my clients lose weight too—and now it will help you.

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