

Personal Health Coaching FAQ's

What is health coaching? Health coaching is a collaborative process between participant and coach focusing on behavior change. Your health coach will help you set goals, formulate a plan, and hold you accountable while providing structure, encouragement, and support along the way.

What is a health coach? A health coach is a mentor who provides valuable personal and practical support. They are trained in Intrinsic Coaching® and use science-based techniques to enhance your motivation, self-confidence and quality of life.

Can a healthy person benefit from health coaching? Absolutely! A health coach encourages participants to consider how career, relationship, finances, and/or stress relate to overall health and wellness goals. Your coach personalizes programs for you and your lifestyle.

Is my information confidential? Completely. Individual information is not shared with your employer.

Is there a cost for health coaching? No, there is no cost for health coaching services.

How can I work with a health coach? Health coaching appointments are offered via virtual, telephonic and in-person

To Schedule your Health Coaching Appointment

Virtual or Telephonic Appointments

Please ***follow this link*** or type the website address in your browser:

<https://booknow.appointment-plus.com/dynyclz8/>

In-Person Appointments

Please email one of our Health Coaches:

Dani Jones DNJones@eCommunity.com

Alicia Robbins ARobbins2@eCommunity.com

Questions? Please call the Health Coach office at 317.497.6168.