



# Welcome to ElevateU Wellness Coaching

*A supportive guide to understanding coaching, your options,  
and what to expect*

*Sustainable change — without pressure, judgment, or overwhelm.*

[www.ElevateUWellnessCoaching.com](http://www.ElevateUWellnessCoaching.com)

# Welcome to ElevateU Wellness Coaching

*Support for sustainable change—without pressure, judgment, or overwhelm.*

At ElevateU Wellness Coaching & Academy, we work with individuals who want support making meaningful, lasting changes to their health and well-being—especially when life feels busy, complicated, or overwhelming.

*You don't need to have everything figured out to begin. Coaching meets you where you are.*

## What Is Health & Wellness Coaching?

A supportive partnership to help you:

- Clarify your goals
- Overcome barriers
- Build healthy habits
- Move at your own pace

## What Coaching Is Not



Coaching is not:

- Medical care or therapy
- Diagnosis or treatment
- Advice-giving or “fixing”

## Who Coaching Can Help



Coaching may be a good fit if you:

- Feel stuck or overwhelmed
- Need support with goals
- Managing stress or health challenges
- Want lasting change

## A Note on Credentials



Coaching is provided by a National Board Certified Health & Wellness Coach (NBC-HWC).

## Gentle Reminder

*There's no “perfect” starting point.  
Clarity often comes after support begins — not before.*

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# How Coaching Helps

*Every coaching journey is unique and led by your needs and priorities.*

*Here's what a wellness coach can help with:*

## Feeling Less Overwhelmed



Finding clarity when life or changes feel confusing and stressful

## Setting Goals That Matter to YOU



Clarifying what's most important to you and setting realistic goals that actually fit your life

## Follow-Through & Accountability



Building confidence and consistency so you can follow through on your own goals and self-care intentions

## Managing Stress & Changes



Learning how to navigate stress, change, and challenges in healthier ways

## Living Well with Chronic Conditions



Having support as you navigate life with a health condition or chronic illness

## Creating Sustainable Habits



Building healthy routines that feel realistic and sustainable long-term

*Coaching meets you where you are—supporting you as you decide **next steps at your own pace.***

The logo for ElevateU, featuring a small green leaf icon to the left of the text "ElevateU".

Wellness Coaching & Academy

# What to Expect When You Work With ElevateU

A supportive process designed around you — *not pressure, perfection, priority, or quick fixes.*

## How Coaching Works

Coaching at **ElevateU** is a **thoughtful**, structured, yet flexible process. Each session builds on the last and adapts as your needs evolve. You can expect:

- ✓ A safe, judgement-free space to talk openly
- ✓ Collaborative goal-setting that feels realistic and sustainable
- ✓ Gentle accountability that supports — not shames
- ✓ Tools and reflections you can actually use between sessions

*Progress doesn't require doing everything at once. **Small, consistent steps matter.***

## Your Coaching Journey



### DiscoverU Session (Free – 20 Minutes)

A short introductory conversation to:

- ✓ Discuss what you're hoping to get support
- ✓ Learn what coaching is (and isn't)
- ✓ Decide together if this feels like a good fit

*There is no pressure to continue after this session.*

## Ongoing Coaching Support



If you choose to move forward, coaching sessions are typically:

- 60 minutes each
- Focused on one or two priority areas at a time
- Tailored to your pace, goals, and life circumstances

Sessions may explore:

- ✓ Habits, routines, and daily structure
- ✓ Stress, energy, and overwhelm
- ✓ Confidence and motivation
- ✓ Barriers to follow-through
- ✓ Values, priorities, and decision-making



## Privacy & Confidentiality

Your coaching conversations are confidential.

Information is shared with healthcare providers only with your **written**

## Ready to Take the Next Step?

Start with a free DiscoverU Session — *a conversation, not a commitment.*

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# Your Coaching Options

*Choose the level of support that's right for you.*



## DiscoverU Session

Free • 20 Minutes

A short conversation to:

- Get to know each other
- Explore your goals, challenges, and priorities
- Decide if wellness coaching feels like a good fit for you

*Start here to get a sense of what's available at ElevateU.*



## Focused Coaching Support

One coaching session at a time

- ✓ Focused on one or two topics
- ✓ Helpful for short-term support with a specific goal

### Sessions may experience:

- ✓ Habits, routines, and daily structure
- ✓ Stress, energy, and overwhelm
- ✓ Confidence and motivation
- ✓ Values, priorities, and decision-making



## Foundations Path

3-month package (6 sessions)

- ✓ Building habits that work for you
- ✓ Improving energy & self-care practices

*There is no pressure to continue after this available at ElevateU.*



## Momentum Path

6-month package (12 sessions)

- ✓ Sustaining momentum with extra support
- ✓ Strengthening consistency, confidence & resilience
- ✓ Working through setbacks for long-term success

Session and program pricing are shared transparently after your DiscoverU Session. There is no obligation to continue.

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