



## Health, Wellness, Life Coaching

# Learning Life Balance Through Self Care With the Circle of Life



*I am ready to change*



### What Is Wellness Coaching?

A life coach supports you with wellness coaching so that you can face and conquer life challenges. Wellness coaching is about improving your immediate and future quality of life. The Circle of Life process empowers you to set positive life and health direction, and then reach those goals. This process is ideal for those who experience high stress at home or work. It also helps people facing life transitions in health, family care giving, relationships or career.

### How Does the Circle of Life Work?

You decide what you want to improve in your life through a guided process. You then learn specific tools to implement that improvement. These methods can be used both during and after the coaching.

You meet with a group of eight to ten women each week, usually for four weeks. Each participant works on individual goals and supports the other participants. Individual wellness clients can be coached once a week at their convenience.



### What Does It Cost?

Group: Four weekly sessions – \$125

Individual: \$60 for one session, \$200 for four sessions

### What Is the Process Like?

Using the Circle of Life process you will:

- Assess your life
- Test readiness to change the selected target area(s)
- Design your change
- Plan your action
- Take action and access your resources
- Re-evaluate and revise

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## How Can I Benefit?

Participants report the following benefits:

- Lowering stress
- Feeling more “on purpose” with life
- Breaking through stuck life areas
- Meeting health goals
- Celebrating more life victories
- Trusting your own decisions

The Circle of Life process, developed by “Health Action” in 1986, evaluates the full spectrum of life in the 12 areas of the circle. The process uses the ‘resident wisdom’ within the group and the coach in the tested approach. Each participant receives a workbook that will demonstrate how to engage in lifelong personal improvement.

Read what participants enjoyed the most about the Circle of Life coaching process:

*“The awesome inspiration that the group gives and receives, also knowing are you not alone in your quest, seeing success and then being it.”*

*“The practicality of the program showed you how to save your resources for a change.”*

*“It’s great to share and hear positive feedback.”*

*“The focus on self care is paramount.”*

## Coach: Elizabeth Nelson, MA

Elizabeth is a certified Circle of Life Wellness Coach. She holds a Master’s Degree in adult education and a Bachelor’s Degree in psychology.

Circle of Life health and wellness life coaching is offered by Morton Plant Mease Women’s Resource Center, dedicated to providing comprehensive services to improve the health and well-being of women in our community.

***Your Life Can Improve!  
Enjoy the Journey!  
Experience the Success!***

**For more information:**

**(727) 953-6802**

**[MPMHealth.com/Women](http://MPMHealth.com/Women)**



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