



Micro Habits

Transformative Health Coaching

Micro Habits: Transformative Health Coaching

4 sessions | One-on-one | Zoom or Phone-based

Micro Coaching focuses on the essential building blocks of a healthy lifestyle, to create new habits easily. Coaches help participants set wellness goals that are relevant and meaningful to the participant, and result in lasting behavior change. Then, coach and client break down big goals into bite-sized micro goals. Micro coaching schedule is broken down into the following:

- 1, 20-30 min. Initial coaching session
 - In-take form review & vision setting
- 3, 15 min. Follow-up coaching sessions
 - Goal setting/review & problem solving

Coaching topics include: Nutrition, weight management, stress management & mental wellbeing, physical activity, goal-setting, time management, mindfulness, sleep and more!

Pricing Details: 4-session package is \$200

Get Started: Email Kristine at kkeykal@advantagehealth.com



Phone or Zoom-based



One-on-one



4 sessions over 7 weeks