

Find Freedom

as a Health Coach

Health Coaching is an exciting, fast-growing field. When you become a Health Coach, you have a fulfilling career that enables you to do meaningful work and make a great living.

Becoming a Health Coach means you can:

- Be your own boss
- Work from anywhere
- Fit your career around your life (instead of the other way around)

IMAGINE THIS...

Waking up every day excited to get to work. You have time to work out, grab a healthy breakfast, and you're home to send your partner off to work or walk your kids to the bus stop. You can carve out two hours in the morning to work on your website and interact with followers on social. After a break for lunch, you work with clients one-on-one, over the phone, Skype, or via email. When your kids come home, you get to hear all about their day, help with homework, and prepare for the evening's activities.

While not every day is the same (and that's one of the great things about having a flexible schedule!) this is a peek inside of what life could look like when you're able to work on your terms!

And if you're not sure starting your own business is the right choice for you, that's totally okay! **Health Coaches work with clients in many different ways.**



Health Coaches can work with healthcare practitioners like doctors, dietitians, personal trainers, chiropractors, and more.



We have Health Coaches that work within corporate wellness programs, as coaching consultants, and even as motivational speakers.



And finally, many Health Coaches open their own businesses coaching clients directly.

Health Coaching can give you the freedom and flexibility you've been craving, to make room for the things you love and the chance to spend more time with your loved ones.

SET YOURSELF UP FOR SUCCESS

Whether you're starting your Health Coaching journey as a student, or if you're still trying to decide if Health Coaching is the right path for you, you can set yourself up for success to study and work at home!

We've created a short checklist for anyone considering working or learning from home. These tips and tricks are designed to put you on the path to success!

- **TECHNOLOGY.** Dependable technology is a must! Ensure you have reliable internet and a functioning and up-to-date computer or iPad. Update programs such as Skype, Zoom, Adobe, Microsoft Word, and Google Hangouts.
- **DESIGNATED WORK SPACE (LITERALLY AND FIGURATIVELY).** Create a designated space to work. This could be an in-home office, an efficient spot at your dining room table, or curled up in your favorite chair on your patio. No matter where it is, having a set work space will help you focus and get in the groove.
- **SCHEDULE AND ORGANIZE.** When you work and study at home, it can be tempting to take a break and get caught up in activities that aren't tied to what you should be doing. Create a schedule and block time for the tasks you need to complete to move forward—and stick to it.
- **NETWORK, NETWORK, NETWORK.** Sometimes working and learning from home can feel isolating. Join your local chamber of commerce, networking group, classes at the local gym, etc. Not finding the kind of group you want? Create your own! Networking is the perfect way to share what you do and build a list of referral partners.
- **TALK TO YOUR INNER CIRCLE.** Tell everyone about your exciting new career! Your friends and family may want coaching themselves...or know someone who does!
- **MAKE CONNECTIONS.** Do you frequent the same local coffee shop, yoga studio, or organic market? Introduce yourself to the manager or owner, let them know what you do, and even offer to do a free talk.

If you're looking for a career that allows you to do what you love, help others, make your own schedule, and earn a generous living, Health Coaching may be for you!



12 HEALTHY RECIPES FOR 2019

If you're on a wellness journey you might be looking for ways to improve your eating habits. But it can sometimes seem like there are a million reasons to have a treat, which can derail your new healthier habits!

Our team at Health Coach Institute has created this amazing list of more healthy variations of your favorite foods for each month of the year!

January

FRESH START GOOD MORNING FRITTATA (FROM BHC GRAD ROBIN POLLAK)

8 eggs
2 large handfuls of fresh spinach
1/2 Spanish onion
6 or 7 mushrooms (I used Baby Bella)

Pre-heat oven to 350 degrees.

Sauté onions until soft. Add mushrooms and leave them uncovered so the water can be released until softer. Add spinach and cover pan until spinach wilts. In a bowl, beat 8 eggs.

Spray an oven safe dish with olive oil and spread veggies across the dish. Pour eggs on top. Bake for 20-30 minutes depending on how hard or soft you like your frittata, testing to see if it is ready to eat by inserting a fork in the middle.



February

VEGGIE LOVERS SIDE DISH

Broccoli
Cauliflower
Carrots
Red onion
Sliced mushrooms
Diced yellow potatoes
Cherry tomatoes
2 ½ tbsp. olive oil
Garlic salt to taste
Grated parmesan cheese

Preheat oven to 425 degrees, wash and cut all vegetables. Toss with olive oil and garlic salt in a bowl. Place on foil-lined baking sheet sprayed with non-stick cooking spray. Cook for 20-25 minutes, turning halfway through. Sprinkle with parmesan cheese to taste.

March

SPAGHETTI SQUASH SPAGHETTI

Spaghetti squash
Diced veggies (onion, carrots, celery, mushrooms, etc.)
1 tbsp. Olive oil
Ground turkey
Spaghetti sauce
Salt and pepper
Garlic salt
Parmesan cheese

Preheat the oven to 400°. Cut squash in half and scoop out seeds. Drizzle with olive oil and season with salt and pepper. Place cut side down on baking sheet and roast until flesh is easily shreddable, usually 30-40 minutes.

Meanwhile, heat olive oil and place vegetables in pan. Season with garlic salt and pepper to taste and cook until done. Brown turkey and add to vegetables. Add half jar of spaghetti sauce and simmer. When squash is done, shred the squash, add to plate, and top with spaghetti sauce mixture. Top with parmesan cheese and enjoy!

April

APRIL FOOLED YA FRIED "RICE"

Two bags riced cauliflower
6 slices bacon
½ cup diced onion
½ cup diced carrots
5 eggs, scrambled
8-12 oz. cooked, diced chicken (or any meat or meat option you prefer!)
5 tbsp. low-sodium soy sauce
4 scallions, sliced

Cook bacon in pan, set aside. Keep 1-2 tbsp. of grease. Cook onion and carrots until done. Turn heat to low and add chicken with 1 tbsp. soy sauce. While heating, cook cauliflower according to instructions. Add cauliflower to pan and mix with onions and chicken. Add crumbled bacon, eggs, and scallions. Add 4 tbsp. soy sauce (or to taste) and mix together. Serve with steamed edamame and enjoy!



May

CORN AND BLACK BEAN SALSA

One avocado, diced
Two large tomatoes, diced
¼ cup red onion, diced
One can black beans, rinsed and drained
One can corn (regular sweet kernel corn or Mexican corn)
1 tbsp. olive oil
Chopped cilantro to taste
2 tsp. garlic salt
Black pepper to taste
1 tsp. cumin

Dice vegetables and mix together with all other ingredients. Serve with tortilla chips!



June

SUMMER BBQ BEAN BURGERS AND SWEET POTATO FRIES (FROM BHC GRAD SARAH KAMINSKI)

BURGERS

2 cups cooked kale or spinach
1 can cannelli beans, drained and rinsed
4 tbsp. olive oil
1 medium sweet potato
1/2 cup fresh breadcrumbs (literally pulse day old bread in the food processor)
1/2 tsp. cinnamon
1/4 tsp. ground nutmeg
Pinch cayenne
A little bit of whole wheat flour to bind, if needed

TO PREP:

These steps can be done up to 3 days ahead of time.

1. Roast sweet potato at 350* for 35 minutes, or until a fork slides out smoothly.
2. Finely chop spinach or kale. Lightly steam in 1-2 inches water. Drain and rinse. Squeeze out all excess water.

TO PREPARE:

1. Pulse all ingredients in a food processor to blend. Shape into 4-6 patties, adding a little bit of flour to bind if needed.
2. Pan sear or grill, about 5 minutes on each side. If you are planning to grill, refrigerate patties for about 30 minutes.
3. Serve with all the fixings you desire- our favorites are avocado, fresh sliced tomato, and homemade pickles.

FRIES

2 sweet potatoes
drizzle olive oil
sea salt, to taste

Preheat oven to 425* Slice potatoes to desired thickness (think pretty thin), arrange evenly on an ungreased baking sheet. Drizzle with olive oil and salt. Bake for 20 minutes or so-cook time will really vary based on thickness of the potatoes, so keep your eye on them!



July

RED, WHITE, AND BLUE FRUIT TRAY WITH COCONUT FRUIT DIP

Strawberries
Blueberries
One tub fat-free or low-fat whipped cream
8 oz. fat-free cream cheese
Half of one 15 oz. can cream of coconut

Let whipped cream thaw on counter. Mix cream cheese and cream of coconut with hand-held mixer until smooth. Fold in whip cream and mix until incorporated. Arrange fruit on tray in alternating sections, with dip in a small bowl in the middle.



August

“ICE CREAM” TREAT TO BEAT THE HEAT

3-4 bananas, sliced and frozen (slice before freezing)
A spoonful of peanut butter
2-3 tsp. cocoa powder

You can mix and match as you see fit (remove pb & cocoa or add fruits to flavor such as raspberry, blueberries, blackberries, strawberries, etc). Put all ingredients in blender, mix, and enjoy!

September

BACK TO SCHOOL BANANA PANCAKES

2 ripe bananas
2 eggs
1 tbsp. olive or coconut oil

Mash bananas in bowl and blend with eggs thoroughly. Heat oil in pan and when hot, pour banana mix. Cook for one minute, then flip, cooking for another minute.



October

GUILT-FREE SWEET POTATO BROWNIES (FROM BHC GRAD CHRISTINE SAHLI WILLIAMS)

1/2 cooked sweet potato
2 tbsp. cocoa powder
2 tbsp. almond meal
1/4 cup raw pecans
1 handful of dark chocolate chips
1 tbsp. xylitol
4 drops vanilla liquid stevia
1 egg
1 pinch of sea salt
1 tsp. Coconut oil

Place everything except for pecans and chocolate chips in a bowl and mix until combined. Spoon batter into ramekins and place pecans and chocolate chips on top. Bake in a 350 degree oven for 10 minutes.

November

BROWN SUGAR GLAZED CARROTS

One 16 oz. baby carrots
2 tbsp. butter
1/3 cup brown sugar
1 cup water
Dash of salt
Pepper to taste

In a saucepan, combine water, brown sugar, butter, salt, and pepper. Mix well and add carrots. Bring to a boil over high heat. Reduce heat to medium and continue boiling uncovered for 20-25 minutes until carrots are tender and liquid has evaporated.



December

CHRISTMAS MORNING RED AND GREEN AVOCADO TOAST

2 slices whole wheat bread
Half an avocado
Butter
2 eggs
Pomegranate seeds

Toast bread and spread with small amount of butter. Mash avocado and top with pomegranate seeds. Serve with eggs cooked to taste. Happy Holidays!





A 12-Step Guide For Landing New Health Coaching Clients

Launching a career as a Health Coach is an amazing journey. Following your passion, changing lives, making an impact...it's what you were meant to do. But sometimes taking those first steps can be a little nerve-wracking—especially when it comes to finding new clients!

That's why we've put together 12 simple steps (that you can complete just one at a time) to help you find clients and build your coaching practice.

STEP 1: EVALUATE YOUR SOCIAL PLATFORMS.

You'll be interacting with the online community a lot. It's likely the easiest way for potential clients to find you, so you'll want to make sure that your social platforms are in great shape. Make sure you have a clear and concise bio, an engaging profile pic, and an active feed.

STEP 2: GET CLEAR ON WHO YOU WANT TO SERVE.

Before you starting trying to find new clients, be sure you know who you want to work with. Do you want to help clients suffering from diabetes? Help women lose weight? Help kids learn to implement healthy habits? Once you're clear on who your ideal client is, you'll be able to create content that makes sense to them—and makes them want to work with you.

STEP 3: OFFER A FREE CONSULTATION.

Sometimes potential clients just aren't clear on how they can make changes or how a Health Coach can help. A free consultation (online or in person) allows you to show potential clients what it is you do and how you can help them with their specific goals.

STEP 4: HAVE TWO OTRs THIS WEEK.

Opening the relationship (or OTR) conversations are the perfect way to show off your “hot hook” and detail how you can help potential clients make the changes they desire.

STEP 5: TELL FAMILY & FRIENDS ABOUT YOUR NEW BUSINESS.

Sometimes talking to the people closest to us about a new journey can feel awkward—we get it! But oftentimes a coach's first client is someone they already know! More than likely, the people who love you will be excited for you and be more than willing to help!

STEP 6: SHARE.

You have a passion for health and wellness and a lot of great information at your fingertips, so show it off! From creating a blog post on your website, to sharing articles, recipes, inspirational quotes, and even examples of your coaching allows you to show potential clients exactly why they should work with you.





STEP 7: ADVERTISE.

If you've been wanting to start a new program, like a cleanse, detox, or weight loss program, now is the time to start! Developing new programs keeps your content fresh and shows potential clients that you can help them make the changes they've been wanting to make.

STEP 8: DEVOTE TWO HOURS EACH WEEK INTERACTING WITH YOUR COMMUNITY ONLINE.

Putting content on social media is great—but it's equally important to connect with your community and develop relationships with your followers. Take time to respond to all comments, follow your followers back, comment on their posts, and seek out other experts and health and wellness professionals to follow and engage with.

STEP 9: HAVE A MASTERMIND SESSION WITH FELLOW COACHES.

Your community is an amazing resource. Have a jam session with other coaches to talk about their successes, their challenges, how they're finding new clients, and the new and exciting programs they're offering.

STEP 10: START A FACEBOOK LIVE SERIES.

Facebook live has become an increasingly popular way to interact and allow your followers (i.e. potential new clients!) to get to know you and your business. During a Facebook live, you can answer questions about health and wellness, talk about your programs, share clients success stories, and so much more! Viewers will have a chance to get a peek into what coaching with you looks like and how you can help them.

STEP 11: ATTEND NETWORKING AND COMMUNITY EVENTS.

Getting out into your community will help you meet new people and share information about your business. Join business and networking groups, new fitness classes at the local gym, or even sign up for events at your local library. Spread the word about your business—you never know who might be looking for a coach!

STEP 12: HAVE TWO OTRs WITH NEW CONTACTS.

That's right, we're saying it again! You've been fine-tuning your communications and interacting with new people in your community—you likely have a list of new potential clients!



Thinking about becoming a Health Coach? Here at Health Coach Institute, we believe wholeheartedly in the power of change...and how as a Health Coach, you have the ability to change lives—one habit at a time. But did you realize that your calling to coaching is rooted in so much more? It's about honoring your purpose...because the mission to change lives and make the world a better place is bigger than all of us.

In that spirit, we've compiled a short list of practical steps to help you implement positive changes in the world, do meaningful deeds, and make the difference you're here to make.

VOLUNTEER

There's nothing more selfless than giving up the precious commodity of time. Look around your community and see where you can help. From local churches, food banks, shelters, clinics, and more, there are hundreds of opportunities for you to donate your time, energy, and even expertise. The amount of time you spend volunteering isn't the key—it's the impact you'll make that's important.

PAY IT FORWARD

Start practicing random acts of kindness. Small gestures, from holding the door open to paying for the person behind you to making small donations to charity, create a ripple of goodwill around you, inspiring others to do the same.

EVERY DOLLAR COUNTS

Think about the products and services you spend the most on. Do those companies use ethical business practices? Make a conscious effort to support businesses that share your values. The more consumers that redirect their spending to support ethical and sustainable practices, the sooner businesses will change and evolve to meet the demand.

REDUCE REUSE RECYCLE

We've been taught this catchy mantra from an early age. The truth is, recycling is one of the easiest ways to make a significant impact on the world at large. Once you become more aware of the recycling opportunities around you, it's an easy habit to start.

HONOR YOUR PURPOSE

We've all got just one life to live. Ask yourself what you want to DO with the time you've been given. Choosing a career that follows your passion and allows you to work toward making the world a better place is one of the most powerful choices you can make.

THE TRUTH IS

We ALL have what it takes to make a difference in the world. By employing just a few of the practices we've shared here, you'll be on your way to being a changemaker in your community. It's not the amount of effort you put in, it's the heart behind it. You can do it!



30 Ways to Strengthen Your Relationships



We all want to have deep connections with those we care about and it takes effort to strengthen those bonds. This doesn't necessarily mean a romantic relationship! Our bonds with our children, siblings, parents, partner, friends, and colleagues are all important.

We've created a list of 30 ways you can connect and share the love with those who are important to you. You can use these exercises to deepen your connection with all of the people in your life. We've also provided a blank calendar so you can plan which of these acts of love you want to shower on the special people in your life!

- Surprise them! Send flowers, buy their coffee, etc.
- Reach out to a good friend you haven't connected with in a while.
- Schedule an impromptu movie night.
- Do a chore you know they hate.
- Practice gratitude out loud—tell them why you appreciate them.
- Send them a funny meme or photo you know will make them laugh.
- Have a dance-off.
- Go tech-free for a day to really connect.
- Schedule a girls or guys night out—share the love with your entire circle.
- Make their favorite dish or treat.
- Treat them to a massage or pedicure.
- Share a favorite memory from a long time ago.
- Do something new together—take a painting or cooking class.
- Leave them a sweet surprise like a note on their car or desk.
- Get moving together! Try a new fitness workout.
- Schedule a game night.
- Send encouragement to a friend who's in a difficult season of life.
- Encourage them to do something outside of their comfort zone and join them.
- Donate to their favorite charity in their name.
- Volunteer together.
- Give a crazy gift! Name a star after them or get a fun monthly subscription box they would love.
- Show yourself some love. Schedule time for self-care.
- Be your best self so you can inspire others to do the same.
- Sync your calendar with your partner and make time for the two of you.
- Start each day with a positive affirmation—and send it to a friend as well.
- Go out for karaoke and sing a duet.
- Say no to something you don't want to do and make time for yourself instead.
- Slow down together. Try hot yoga or couple's yoga.
- Be spontaneous! Call a friend on a whim or take your partner out for their favorite meal with no planning.
- Write thank you notes to people who have positively impacted your life.





MONTHLY LOVE IN ACTION PLANNER

SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					

TEN

+ Easy Ways to Reduce Stress

What's the first thing that comes to mind when you hear the word healthy? For some, it means diet and exercise. For others, it's healthy habits and lifestyle change.

No matter what healthy means to you, there's one common area that we all tend to forget about...stress.

What does stress have to do with being healthy? It's simple. Being in a consistent state of stress can result in insomnia, depression, high blood pressure, problems with digestion, and more.

At Health Coach Institute, we believe that reducing stress is key to living a truly healthy life.

April 7 is World Health Day—and April is Stress Awareness Month. What better time to share 10 easy ways you can reduce stress, no matter what life throws your way!



1. LAUGH. Laughing makes you feel good—and it's good for your health! When you laugh, your muscles relax and your mood brightens. So read a funny book, watch a comedy, or spend time with a friend who makes you smile.



2. MOVE YOUR BODY. Exercise is one of the most important things you can do to combat stress. Exercise lowers your body's stress hormones, improves sleep, boosts confidence, and builds muscle. You'll look good and feel good, which is a win in our book!



3. GET YOUR ZEN ON. Meditation helps you focus and quiet your stream of thoughts, leaving you feeling calm and peaceful. Meditation takes practice, and once you get into the habit, the results are transformative. Not sure where to start? Try guided meditation using apps like Calm or Enso. You'll feel the results almost instantly!



4. WRITE. Sometimes you just need to process what's going on in your life and get honest with how you're feeling. Writing can help you gain clarity and release some of the feelings you might otherwise hold inside.



5. LEARN TO SAY NO. While you can't control many of the outside stressors in life, you can take steps to eliminate additional (and unnecessary) stress. Start by saying no to obligations that will cause additional stress, and be selective about what you say yes to. Don't take on more than you can handle, and agree to more things that fill your life with joy.





6. PRACTICE GRATITUDE. Gratitude helps relieve stress and anxiety by focusing your thoughts on the positive and uplifting things in your life. Start each day by listing five things you're grateful for to set your mood for the day and move forward in gratitude.



7. BREATHE DEEPLY. Deep breathing slows your heart rate and can be practiced anywhere at anytime. Try breathing in for a count of 4, hold your breath for a count of 7, then exhale for a count of 8. Repeat this for five minutes. It might feel awkward at first, but keep trying and you'll quickly see the benefits!



8. GET BUSY. Find or resume a hobby that you enjoy. Sometimes you just need something to occupy your time and give your mind a break. Choose an activity that makes you happy and is also calming, like gardening, painting, cooking, reading, or photography.



9. LISTEN TO MUSIC. Research shows that listening to soothing music can have a profound impact on the way you feel. It can lower blood pressure, heart rate, and anxiety. Conversely, you can turn up the tunes, listen to your favorite jam and sing at the top of your lungs or have a dance party for a stress-reducing endorphin boost!



10. MAKE TIME FOR SELF-CARE. When you feel stressed or overwhelmed, taking care of yourself tends to be the last thing you make time for. But making yourself a priority will help reduce stress and leave you recharged to focus on the important things in your life. Even if it's something small, like going for a short walk, digging in the garden, or treating yourself to your favorite lunch, take the time to care for the most important person in your life—you!

