

What Is Coaching?

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Coaching is partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential.

Professional coaches provide an ongoing partnership designed to help clients produce fulfilling results in their personal and professional lives. Coaches help people improve their performances and enhance the quality of their lives.

Coaches are trained to listen, to observe and to customize their approach to individual client needs. They seek to elicit solutions and strategies from the client; they believe the client is naturally creative and resourceful. The coach's job is to provide support to enhance the skills, resources, and creativity that the client already has.

From ICF (International Coach Federation)

What is wellness coaching?

Wellness coaching with MEG Fitness is getting the coaching expertise combined with the nutrition and fitness expertise from a qualified health professional who can help the client take factual health information and apply it to their own lives.

To read more about coaching with MEG Fitness, [click here](#) .