



# What is a Health Coach?

... AND WHO REALLY NEEDS ONE?

A Holistic Health Coach is a supportive mentor who helps clients feel their best through food and lifestyle changes and personalised, one-on-one encouragement.

## do.

- Educate and inspire you to achieve personal goals through lifestyle and behaviour adjustments
- Suggest ways to 'crowd out' foods that aren't serving you and provide practical support and guidance
- Address all areas of health from a holistic standpoint
- Provide an unbiased opportunity to talk and be heard.

- Diagnose, prescribe or treat disease or illness
- Exclude major food groups or recommend strict detox programs
- Promote personal agendas or theories
- Push you into a highly physical fitness regime or extreme diet trends.

## don't.



Just like there are personal trainers who help keep your fitness in check, Holistic Health Coaches are trainers for other areas of your life who look at the whole picture. This includes nutrition, relationships, spirituality, career, physical activity, finances. Health Coaches help you to achieve the transformation you need to feel satisfied and content in any or all of these areas.

## click to book your free call.

We are dedicated to working collaboratively with our clients and their relevant healthcare practitioners to cultivate sustainable healthy habits.

We work with teen girls and young women working through various challenges. We offer uniquely tailored programs to suit all budgets and offer payment plans where required.

Offerings include:

- Free Initial Consultations
- 1:1 Coaching
- Group Coaching
- Wellness Workshops
- Corporate Wellness Programs
- Online e-courses
- Targeted short courses

## the greatest wealth is health.



### Kelly de Martin

B.Ed & IIN Certified Health & Wellness Coach  
Founder of GLOW & GROW WELLNESS

IG [@kelly\\_demartin](https://www.instagram.com/kelly_demartin)

P +61 422 908 256

E [kelly@glowandgrowwellness.com](mailto:kelly@glowandgrowwellness.com)

W [www.glowandgrowwellness.com](http://www.glowandgrowwellness.com)

