



Well, what is it?

Health and happiness coaching is a unique service where one person (the coach, me) acts as a guide, teacher, and motivator to another person (the client, you) in the pursuit of goals related to health and happiness. This covers quite a bit of ground (see "My Approach" section for more details) but these goals can be big or small, general or specific, physical, mental, emotional, or spiritual, or any combination thereof. A large part of my role as your coach will be to help you identify and prioritize your goals, because it's awfully hard to get somewhere if you don't know where you're going. I then help you to break your big goals down into manageable, bite-size pieces. This is important because you must take concrete actions if your dreams are ever to see reality.

Because a life of health and happiness is a process rather than a place, another role I have as your coach is to teach you to enjoy the journey. Goals are great and necessary, but most of life is the getting there. It is important that you truly experience and appreciate the process. Besides, when you reach your goals, you'll probably just make new ones.

The coach and client typically have an ongoing relationship in the form of either face-to-face meetings or phone sessions. Every session is unique and it's hard to pin down an "average" one, but there will usually be at least 3 key components: 1) Education pertaining to your goals and priorities, 2) Empowerment in the form of physical, mental, and spiritual "tools" and steps, and 3) Encouragement and support from me. I expect you to grow and hold you accountable for taking the steps that you say you want to take.

Put very simply, a coach helps you figure out what you want, gives you a practical way to get there, and either pats you on the back or kicks you in the butt as needed along the way.

Who am I?

When I was little, I did not want to be a Health and Happiness Coach (actually, I wanted to be a Jedi Knight, but that's another story). This was mainly because I had never heard of any such thing. As I grew older, and my skill set grew more eclectic, I came across the field of personal coaching. I became a health and happiness coach for 2 reasons: 1) I haven't found any other field where I can combine all of the various principles and practices that I love and live by, and 2) I realized that I had already been coaching people for years; it was just time to make it official.

As I said before, I have quite an eclectic background and skill set. I am a life-long student of religion and spirituality, starting as far back as I remember. This passion, combined with my love of history and literature, was the impetus for my degree in Anthropology and Philosophy.

I have studied martial arts since I was 15 years old and will probably continue to do so until I die. I currently teach fencing and Japanese swordplay.

I am a certified fitness trainer through the International Sports Sciences Association (ISSA) and have worked with a wide variety of people over the years. As a trainer in both a private gym and a physical therapy clinic, I have worked with the young and old (the youngest being 9 months and the oldest 88 years), the injured and the healthy, women and men, athletes and couch potatoes.

I have a passion for teaching but have always searched for the right forum. I've tried many over the years: martial art classes, lectures, seminars, the public school system and private consultations. Being a coach gives me a tremendous freedom in the way that I choose to teach, and I can be as creative as I choose. I, myself, am continually learning, and constantly look for ways to pass this experience on to clients. It is a matter of principle to me that I practice what I preach.

Amongst all of the people I have worked with over the years, in all of the varied settings, I have found certain common factors for success, but it basically boils down to this. Those individuals who are motivated to reach their goals and who organize their lives in such a way to make their goals workable were the ones who reached them. This is my purpose: to help people envision the life that they want and then help them to bring this vision into reality.

What's my philosophy?

At core, my philosophy is very simple: we choose the people who we want to be. This means that whether you are satisfied with your life or not, whether you like it or not, or whether you are healthy and happy or not is your responsibility. We each create our own lives, consciously or unconsciously, through the thoughts, choices, and actions we take every minute of every day. A person's perception, how they see the world, creates the world in which they live.

I have been criticized for apparently ignoring things beyond a person's control: history, family, surroundings, genetics, etc...I Udo believe that outside factors play a part in a person's world, but I also believe that it is useless to focus on things that you can neither change nor control, like the past or your genetic makeup. In my own experience, the most unhealthy and unhappy people I meet feel completely at the whim of the universe and feel as if they have no control over the direction of their lives. Conversely, the healthiest and the happiest people I know feel as if they are actively creating their own lives and are choosing the people who they want to be.



Basically, my philosophy comes down to living responsibly and actively, making conscious choices about the important areas of your life in order to bring about your greatest good. Now, as your health and happiness coach I have some opinions about what constitutes a person's greatest good (see "My Approach" section for specifics), but you are free to accept or reject or change anything I say as it suits your lifestyle. I just want you to know that it is your choice.

At root, I want to help people to live consciously in order to create more health and happiness in their lives. It is my way to make our world a better place because healthy, happy people tend to touch the world around them in a positive way, thus sending a ripple the touches even more people.

Specifically, what do we do? (What to expect)

Free Phone Consultation: This is a brief (20 minutes or so) talk that begins our relationship. We discuss what you want to achieve, get to know each other a little, and decide if we are the right "fit" to work together.

Initial Consultation: This is an hour long meeting in which we take a detailed look at your lifestyle, and talk in-depth about your goals. We meet at a location of your choosing (typically one's home or business) in order to organize and prioritize your goals. This initial consultation sets the stage for our future sessions.

Coaching Session: These hour long meetings are where we focus on your goals. The topics explored in these sessions vary, but there are 3 areas that define these sessions:

- Education - Simply put, I will present to you useful and meaningful information pertaining to your goals.
- Empowerment - I will teach you practical techniques (physical, mental, and spiritual) to help you reach your goals.
- Encouragement - I am here for you: to talk, to vent, to celebrate, and to hold you accountable. I will support you throughout your journey of change.

All Coaching Sessions include phone "check-ups" and unlimited e-mail support. Coaching Sessions are purchased monthly and discounted Group Sessions of up to 4 people are also available.

"Clean Your Cupboard" Visit: This is an hour long visit where I raid your pantry and get rid of unhealthy food that I find. As I am cleaning out your kitchen, I explain my reasons why certain food products must go, and offer healthy alternatives.



“Shopping Coach” Session: This is a session where I accompany you to your grocery store of choice and assist you in healthy shopping. I educate you on basic nutrition and teach you how to read labels on food products. The length of this session is dependent on the length of your grocery list.

Educational Personal Training Session: This is an hour long session where I coach you through your workout routine and explain in-depth the proper form and sequence of each exercise. I also give suggestions for varying your routine to achieve the best results.

Custom Session: We can create customized sessions that focus on a specific goal or interest. Sessions are typically one hour, but since this is custom-made, the time can vary as well.

Seminars, Lectures, and Workshops: I speak on a wide variety of wellness-related topics: fitness, nutrition, stress management, purposeful living, time management, perception, meditation, and more. I present at businesses, organizations, and private homes. The goals of these lectures are Education, Empowerment, and Encouragement.

What's it going to cost?

The real question to ask is, “How much does it cost to stay unhealthy and unhappy?”

Think about it for a minute. How much do you think people spend on healthcare for disorders related to an unhealthy lifestyle? How much have you spent? Even more serious, in my opinion, is the cost of an unhappy lifestyle. What is the cost if a person feels no sense of purpose or knows that they are not living up to their full potential? What does it cost a person to be afraid or to feel alone? To me, the cost is so great that it goes beyond price.

Your cost is commitment: the commitment of time, money, and responsibility. When I agree to be your coach, I commit to you. At that point, I have a stake in your success; I care about the person you become. I repay the trust you place in me by doing my best to help you become a happier, healthier person.

BeHealthyHappy Price List

Free Phone Consultation - FREE! (surprise)

Initial Consultation - \$100

Coaching Sessions (Per Month)

One- \$100

Two- \$150

Three- \$200

Four- \$250

(Discounted Group Rates available for up to 4 people)

"Clean Your Cupboard" Visit - \$50

"Shopping Coach" Session - \$50 for first hour & \$25/each additional 30 min

Educational Personal Training Session - \$50

Custom Session - \$50-\$75/hour, depending on what's involved

Seminars, Lectures, and Workshops - Price varies based on length and audience size, \$300 for typical one hour lecture