

Lisa is an accredited Health Coach (Health Change Australia)

What is Health Coaching?

It is well recognised that long term health behaviour changes are among the most demanding and confronting. Such changes are more successful in outcome when done along side a health coach as this model of health coaching motivates clients towards readiness to change. It assists the change away from unhelpful thinking patterns, promotes behavioural change and empowers clients to achieve better health outcomes.

Health coaching principles are applied to both the Heartmoves and Lift For Life programs as well as all personal training sessions. Health Coaching is also available as counselling based sessions.