

What is Integrative Health Coaching?

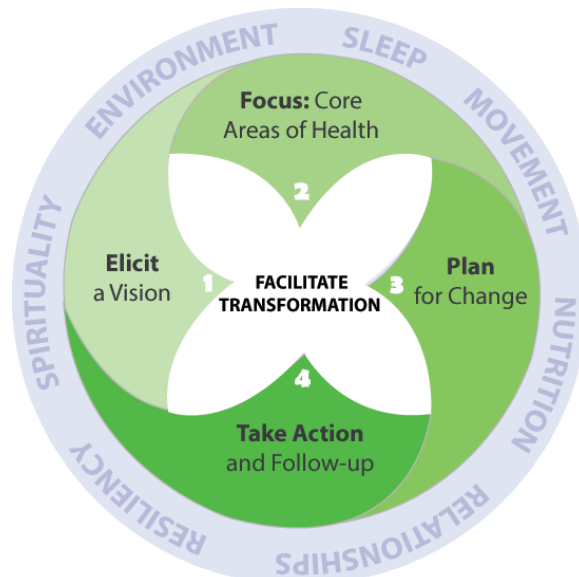
Integrative Health (IH) Coaching is a client-centered, relational approach to working with individuals collaboratively to address the health and wellbeing of the whole person. It acknowledges the interdependent roles of mind, body and spirit, and the innate healing capacity within each person, with an emphasis on self-care. An integrative health coach forms a partnership with individuals or groups to empower and support them in achieving their personal goals related to optimal health and wellness.

What do we focus on in Integrative Health Coaching session?

During the coaching session, we will work together to articulate...

- What is most important to you in life and what you want your health and wellbeing for.
- The core areas that affect your health and wellbeing – how you would rate them currently and which areas need more attention than others.
- Your goal to improve your health and wellbeing.
- Action steps to achieve this goal.

Additionally we will discuss what may support you in completing your action steps, establish timelines, accountability strategies, and anticipate possible challenges.





Why is Integrative Health Coaching effective?

- Coaching works with the whole person – addressing all core areas that influence your health and wellbeing.
- You are in charge of your health and wellbeing – coaches ask powerful questions and facilitate the process to maximize your potential for success.
- You and your coach partner to identify and articulate your goals and the actions to achieve them.
- Coaches have wealth of knowledge in lifestyle and integrative approaches for optimal health and wellbeing.

Why an AzCIM Certified Integrative Health Coach?

An AzCIM Certified IH Coach is the most thoroughly trained and evaluated.

- Previous background and experience in a health-related field (including medicine, nursing, psychology, nutrition, acupuncture, therapy/counseling).
- Accepted into and graduated from either our 2-year (1000-hour) Integrative Medicine Fellowship or 6-month (250-hour) Integrative Health and Lifestyle program.
- Completed and passed all requirements in our IH Coaching program.
 - Over 200 hours of training, including 35 hours of face-to-face, faculty-led training in Tucson and 28 total mentor-supervised practice hours.
 - Rigorous evaluations of live coaching sessions by coaching faculty, Motivational Interviewing skills using proven MITI scoring by outside evaluator, and documentation of 100 hours of practice coaching sessions.

An AzCIM Certified IH Coach...

- Partners with you in achieving your personal goals to improve your health and wellness.
- Is fully present with each encounter.
- Recognizes the innate wisdom and healing potential within you.
- Meets you where you are on your journey, without judgment.
- Enters each encounter as a facilitator, not as the expert.
- Emphasizes self-care and self-empowerment with you.