

K I M W I E S M A N N
WELLNESS COACHING

HOW A HEALTH COACH CAN BENEFIT YOU

A MINI GUIDE TO HEALTH COACHING

www.kimwiesmanncoaching.com



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WELCOME

I'm Kim Wiesmann, a Certified Health and Wellness Coach. I'm here to help you improve your well-being so you can show up every day as the best version of yourself.

Health coaching isn't about being told what to do—it's about discovering what works for you and walking that journey with someone who truly listens. As your coach, I'm not here to fix you. I'm here to guide you. Together, we'll work through the stuck places, the burnout, the stress, and the uncertainty—one step at a time. Coaching is a collaborative space where we focus on your goals, your values, and your pace. You already have the wisdom—I'm just here to help you draw it out.

Kim Wiesmann Coaching



7 THINGS A HEALTH COACH CAN ACTUALLY HELP YOU WITH

#1

ENERGY

A health coach can help you find energy again. You're tired of being tired. We'll look into all areas of your wellbeing to see what's draining you so we can begin restoration.

#2

ROUTINE

No fads. No shame. Just real-life strategies that fit into your real life. We make it work for you.

#3

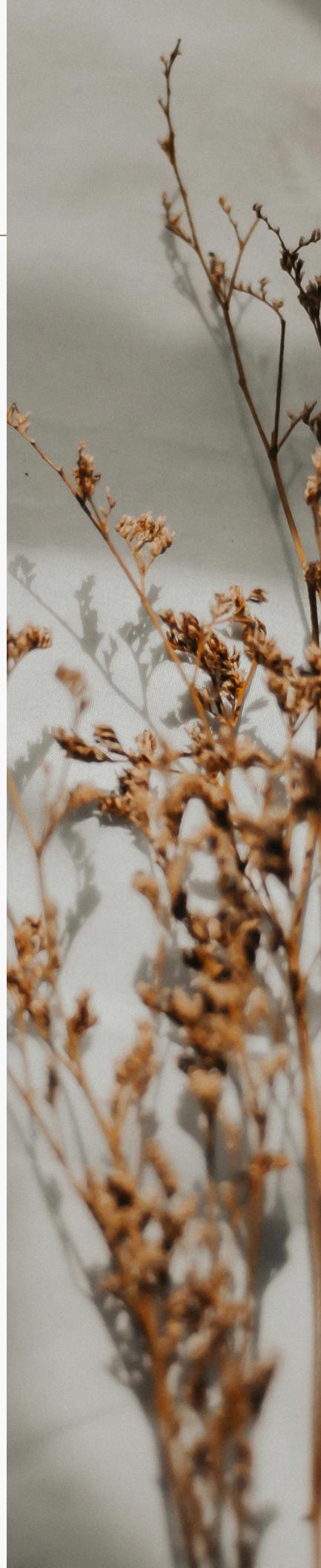
SPIRITUALITY & EMOTION

When your days feel disconnected from your purpose, we'll slow down and realign—mind, body, and spirit. We'll work to understand your emotions and how to better respond to them.

#4

BOUNDARIES

Saying no isn't easy. But you can learn how to protect your peace without guilt.



#5

MOMENTUM

If you've been spinning your wheels, coaching can help you finally gain traction. We'll move from stuck to success.

#6

SELF-TRUST

You don't need more discipline—you need to believe in yourself again. We'll work together to build up your capacity for small wins.

#7

REGULATION

When life feels like too much, we'll use simple tools to help you come back to center—physically and emotionally. This will help regulate stress and reset your nervous system.





IS COACHING RIGHT FOR YOU?

Check all that apply:

- I feel stuck or overwhelmed in one or more areas of life
- I want to feel better but don't know where to start
- I've tried to do this on my own... and I'm tired
- I want to work with someone who sees the whole me—not just a symptom
- I'm ready to make real changes that actually stick



NEXT STEPS

LETS SCHEDULE A CALL

If you said "yes" to even one of those boxes, I'd love to invite you to a free clarity call.

This is a no-pressure, no-pitch conversation—just a chance to see if coaching is the next right step for you.

📩 DM me "READY" on Instagram

🌐 Or book your free call at <https://kimwiesmanncoaching.com/work-with-me-application/>

📩 Prefer email? Reach out: coachkim@kimwiesmanncoaching.com

