

Holistic Health Coaching

Using the Nine Dimensions of Wellness Model



Cat Woods Williams, MPsy

Cat has a Master's in psychology, four years training on assessing and improving functionality and quality of life, and 18 years of experience coaching others on improving their life.

Cat's Transformation

Cat was a vegetarian for 5 years and had water fasted the first time by her late-20s, only to end up eating the Standard American Diet (SAD) for over two decades. As a result, she experienced first-hand how the quality of a person's life can be diminished by such a lifestyle as she gained weight, suffered from chronic knee pain, and was diagnosed with Type 2 Diabetes the end of 2015.

Cat began pursuing a holistically healthy lifestyle in 2016 and has spent the last several years transforming her life, moving from a Standard American Diet (SAD) to a WFPB SOS lifestyle and is reversing diabetes without medication. She has a new zest for life and is passionate about helping others improve in all Nine Dimensions of Health and succeed at transforming to and sustaining a Holistically Healthy Life.

Cat is currently working on her Doctorate in Holistic Natural Health & Nutrition and is ready to work with you on your journey to a holistically healthier life.

Start Your Transformation To A Holistically Healthy Life Now!

Services

- **Client Centered Approach:** Cat believes each individual is responsible for their own healing and health, therefore will provide you with tools and assist you with learning the skills you need to make the choices that will propel you towards a successful transformation.
- **Collaboration:** Cat will work with you to find your individual and unique motivation for transformation and assist you in identifying your personal values and sense of purpose, which is needed to make the choices that will guide your transformation.
- **Resources and Supports:** Cat will assist you with identifying and securing resources and supports to overcome internal and external barriers to change, and that can help you be successful in all Nine Dimensions of Holistic Health.

Holistic Health Coaching Modality

Holistic Health Coaching views symptoms as a person's consciousness bringing attention to a person's higher awareness. Cat will work with you to accept the present moment—who you are and where you are now, how to develop S.M.A.R.T. goals for the future, and how to create a "map" of "action items" that will get you from where you are now to where you want to be - on all Nine Dimensions of Wellness.

30 minute session - \$60

60 minute session - \$120

90 minute session - \$180



TRUENORTH HEALTH CENTER™

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