

Reach for a “New Normal”

Healthy living is a challenge for many people. But for others, good decisions seem to be almost second nature. They live in a way that reinforces, day after day, the health of their body, mind and spirit.

What makes the difference? Instead of struggling and repeatedly failing to do what we know is healthy, is it possible to reach a personal turning point, when beneficial changes become a new, intentional way of living?

Yes, it is. And many people who have made “new habits” their “new normal” have done so with the help of a health coach.

Yes

A State of Balance

Our company's name, A State of Balance, expresses a situation of health and composure supporting a satisfying and productive life. Our desire is to help our clients achieve their own personal State of Balance.

Our Health Coaches

Jean Thiele, CMT, MSN



Jean has been a geriatric nurse practitioner for 16 years. She earned a Bachelor's and a Master's degree from Michigan State University. She is also a certified massage therapist (CMT). Jean decided to become a health coach because she

realizes the importance of holistic health. She is fascinated with the change process and what brings peace and happiness to an individual's life journey.

Molly Morrissey, CMT, CWC



Molly Morrissey is a certified wellness coach (CWC). She earned a Bachelor's degree in chemistry from Hope College and a Master's degree in business administration from Grand Valley State University. She is also a certified massage therapist

(CMT). She decided to become a health coach after 17 years as a youth ministry retreat leader. Her coaching reflects deep acceptance and appreciation for all types of people, mindfulness of their values and willingness to find and build on the good in their situation.



3016 W. Wackerly
Midland, MI 48640

(989) 631-6730

Health Coaching for Lasting Change



Make Health a Priority for Life

Give Your Health the Priority It Deserves

The decision to work with a health coach often starts with a moment of realization.

You understand that your health belongs only to you, and that improving and preserving it is not something you can delegate. You begin to want real change, more than you can get with a dramatic diet or a program that addresses a complex situation with computerized feedback and a short pep talk.

Health coaching can be right for men and women, teens, families, busy executives, active parents, empty-nesters and more. A time of personal transition is often the catalyst to try coaching, because it's a good opportunity to begin thinking and acting a new way.

You and Your Health Coach

Health coaches are experienced professionals who know that everyone has a different life situation, strengths, values, goals, and desires. They start right where you are and work with you to move forward.

You can expect to be accepted and respected, valued and encouraged to value yourself. Coaching is not about judgment or criticism. Instead, you'll find ongoing personal support and reinforcement. You'll receive information, ideas, education, tools and techniques. And you'll experience honest accountability and reality checks built on a positive outlook.

Your coach becomes your partner. Together, you work on strategies that fit the realities of your life, jointly identify obstacles to change and create strategies for progress. You and your coach set goals, track progress, celebrate success and work through setbacks to get back on track. In time, you begin to put yourself in charge of making good things happen, and it's a great feeling!

How Health Coaching Works

Your coach will start by listening. Your first session will be a 60-minute health and lifestyle review. During this time, with your coach's help, you create a personal health vision with short-term and long-term goals.

After the first session, you and your coach meet every two weeks for 30 minutes. These follow-ups can address basic health needs, healthy food choices, exercise, daily routines and progress toward your vision. Concerns that get in the way of taking care of your health are also a good place to start.

Give yourself a chance to really change. Six months is a typical timeframe for the coaching experience. Some people choose to continue longer.

To learn more about health coaching, or arrange your first session, call A State of Balance at the number listed on the back.