



Clinician to Coach Assessment

Is Health Coaching Right for You?

Are you passionate about helping people to solve a specific problem?

Are you willing to learn communication skills that will take you out of your comfort zone?

Do you enjoy seeing others experience self-discovery and take inspired action?

Are you disciplined enough to create your own schedule?

Are you disciplined enough to work from anywhere?

Are you at least moderately risk tolerant?

Are you willing to become more comfortable with discomfort?

Is it exciting to you to be able to create the container that helps your clients struggle, process, heal, and grow?

Are you willing to learn new skills in functional nutrition, and lifestyle medicine?

Are you willing to implement foundational health behavior changes in your own life?

Are you willing to develop your own ability to be present?

Are you willing to spend at least 3 days per year away from all of your electronic devices?

Scoring:

If you answered “Yes!” to at least 3 of the 12 questions above, you could create a successful health coaching practice!

Schedule Your Women’s Health Practice Analysis call with Dr. Jessica Drummond to learn more: <https://calendly.com/jessica-r-drummond/30-minute-practice-building-call>

