

MEET YOUR FITBIT HEALTH COACH

COACH Jodie



HOW LONG HAVE YOU BEEN COACHING?

I have been coaching for 3 years and have over 10 years experience in the health and wellness industry.

WHAT IS YOUR BACKGROUND?

My formal educational background is in psychology, which has always been an interest of mine. However, my career took a turn and I worked in nonprofit organizations for 10 years. I then decided to revisit my passion for working with people one-on-one, and became a yoga instructor, certified personal trainer and Health Coach.

HOW DID YOU GET STARTED?

I got into health coaching because I was having a lot of confusing conversations about health with my clients, many who expressed mixed messages about what they thought was considered 'healthy'. I decided to take my passion for health and wellness and learn how to more effectively have those conversations about them and their health.

WHY ARE YOU STILL PASSIONATE ABOUT IT TODAY?

I truly enjoy encouraging and educating people towards making lasting changes that work for them and their health.

WHAT DO YOU ENJOY DOING IN YOUR FREE TIME?

I love to cook, garden, hike and spend time exploring and playing with my daughter. I also sing at my local church and enjoy hanging out and having conversations with friends over a home cooked meal--I love to feed people!

WHAT'S YOUR MANTRA WHEN IT COMES TO HELPING OTHERS?

I will help to guide you on this journey towards lasting change that will enable you to live the life you want.