

# WELCOME LETTER

*Affinity Health Coaching*

Welcome to Affinity Health Coaching,

I am so pleased to begin what I am sure will become a life-changing journey with you! This experience will focus on helping you to create and follow a personalized blueprint for reaching a meaningful health goal in your life. Along the way, we will be using strategies and tools that measure your progress. You're encouraged to voice feedback throughout the process. As your health coach, my priorities are the following:

1. Use my advanced knowledge of nutrition, health, and wellness to achieve your personal-growth outcomes.
2. Create a safe, confidential and supportive environment where you can express your thoughts and use support to the fullest.
3. Listen to all questions and concerns that you have throughout the process.
4. When necessary, provide you with tools, resources, and strategies that can help you reach your goals.
5. Provide input and feedback.

To help you optimize the coaching experience, I recommend you practice the following throughout this journey:

1. Give this experience your full attention and effort. *Halfway effort* can't get you to your full goal!
2. Be honest with both yourself and me during this process regarding what you feel isn't working.
3. Take ownership of both victories and setbacks along the way.
4. Be open to feedback.

About me:

*I have a BS degree in Dietetics from Florida State University. I previously worked as a Nutrition Counselor at the Health Department and as an Elementary Educator. I've been fortunate to stay at home with my 3 boys for 13 years. During that time, life has thrown many challenges our way that has allowed me to continue to stay up to date in the latest research in health and wellness. Because of that, I have extensive knowledge in food and nutrition, food allergies and intolerances, food and hormones, young athletes and weight gain, GI issues, eating and lifestyle habits, exercise habits, disordered eating, and most importantly; how food affects mental, physical and emotional wellbeing. Thus, I have a natural affinity for health coaching and extremely enjoy this line of work!*

*I strongly believe in a behavior-based approach to reaching your personal goal(s); marrying nutritional, physical, mental and emotional health.*

*By looking inside within oneself; we can discover why you eat, so we can reshape how you eat.*

*Forever in Health,  
Ashley Stack*