

Meet Diane Randall, The Wellness Coach

Diane Randall is a Certified Wellness Coach who works primarily with adults over 30 to help them reclaim their zest and drive for life. Randall began her wellness journey over fifteen years ago when an unexplained health crisis forced her to adopt a better way of living, and has since used her education and experiences to help countless others.

A member of the International Coach Federation (ICF), International Association of Coaches (IAC), Coachville, American Holistic Association (AHA) and the National Wellness Institute (NWI), Randall speaks and writes about a variety of health and wellness related topics affecting the adult community. Visit her online at www.lifeaccelerated.com.

Originally from Missouri, Randall now calls Chicago home--where she enjoys the theatre, quiet reading, new adventures and maintaining her own healthy, well-balanced lifestyle.



Diane Randall, Certified Wellness Coach

Phone: 708.686.2132

www.lifeaccelerated.com



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It's Your Life. Accelerate It!™

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Understanding Wellness

Wellness is all about the will, desire, determination and spirit to take control and direct your life where you want it to go. The key to creating a lifestyle of wellness is in first understanding what's important to you. My role in your wellness program is to help you get clear about what you desire most out of your life, and in helping you create a Wellness Success Plan™ to achieve it. The right wellness program will take all of these elements into consideration to ensure an optimal level of success for you.

Your Wellness Program

My role as your Wellness Coach is to:

- Assess your readiness for change
- Identify and help you eliminate possible barriers and challenges to your success
- Help you set clearly defined, wellness goals
- Understand your vision and help you create meaningful wellness priorities
- Design and refine your Wellness Success Plan™ so that you get the most out of it everyday
- Help you create a wellness foundation that includes lasting changes to your lifestyle

As your Wellness Coach, I become your partner, your friend, your confidant and your biggest fan on the road to optimal well-being. I'll be with you every step of the way for as long as you need me to be. Together, you will achieve the quality of life you richly deserve.

One-On-One Coaching Services:

Option 1:

- 4 x 30 minute coaching sessions throughout the month
- Unlimited e-mail communication and "quick-calls" are included in the monthly fee
- 1 hour intake session
- Direct access to assessments, teleclasses and resources

Option 2:

- 2 x 30 minute coaching sessions throughout the month
- Unlimited e-mail communication and "quick-calls" are included in the monthly fee
- 1 hour intake session
- Direct access to assessments, teleclasses and resources

Spot Coaching:

- On-the-spot coaching - available when needed
- 1 x 40 minute coaching session
- No telephone phone or email support included

Testimonials

"Most of the time, I know what I need to do, but it helps when there is a "coach" in your corner to back you up and encourage you to keep going. You have been a source of encouragement for me. Not only encouragement, but an inspiration."

- S. Murphy, Dietician/Wellness Massage Therapist



"Coaching has provided me with the tools to reach my personal goals. I have procrastinated over the years, and now I am more focused than ever. Like most people, my schedule is full with family, work and other activities. I have learned how to maximize my time and fit in what's important to me. You have inspired me to move ahead with my lifelong dream of writing!"

- R. Aronson, Information Manager

