



Coaching Match Assessment

“Which coaching path do I need... Life Coaching or Health Coaching?”

Understanding which coaching path aligns best with your current goals, challenges, and vision for personal growth. Read through the comparison chart below to help you.

Focus Area	Life Coaching	Health Coaching
Core Objective	Clarify overall life vision, navigate career transitions, improve mindset, and achieve personal or professional goals.	Optimize physical wellbeing, build sustainable lifestyle habits, manage stress, nutrition, movement, and vitality.
Primary Topics	Career growth, relationship dynamics, mindset shifts, decision-making, purpose, confidence, and time management.	Nutrition strategies, physical fitness, sleep hygiene, stress mitigation, energy management, and bodily wellness.
Key Methodology	Inquiry-driven strategy, values alignment, goal setting, reframing limiting beliefs, and accountability structures.	Behavioral changes, habit stacking, lifestyle design, and actionable wellness goal tracking.
Ideal Client Scenario	"I feel stuck in my career or personal life and need clarity, confidence, and a strategic roadmap for my next chapter."	"I want to improve my physical health, rebuild my daily energy, establish consistent habits, and feel great in my body."
Core Outcome	Alignment between daily actions and life goals, higher self-confidence, and clarity in personal/professional direction.	Enhanced physical vitality, sustainable daily health routines, long-term health resilience, and lower burnout.

 **Ready to take the next step in your journey? You can do this!**

Schedule a complimentary, no-obligation conversation with Becky to explore your goals and find the exact path that fits you best. Book your FREE discovery call by clicking the link below. 

BOOK NOW