

“As any soldier knows, hit-or-miss strategy will not win a war” – Ben Jennings

Wisdom and Wellness Coaching utilizes a holistic approach in addressing clients who seek improvement. Each of the areas below requires deliberate intention in order to gain or maintain strength.

Spiritual Strength

I am not God. What a relief! I surrender to the One who demonstrates far more power than I will ever muster. Power to create; power to resurrect; power to embolden. Often we are too fearful to entrust God with our individual lives. Spiritual strength is acknowledging God through His Son, Jesus Christ, and depending on Him for your every need.

Mental Strength

Erratic behavior. Racing Thoughts. Unnecessary Consequences. “My life has been filled with terrible misfortune; most of which never happened” (Michel de Montaigne). This quote is the epitome of worry. Do you know that the majority of the things that we worry about never materialize? The most reliable and predictable outcome of worry is stress. Mental strength is incorporating strategies that lead to rational thoughts and behavior, freeing the mind to be more creative and powerful.

Physical Strength

“I like to move it, move it.” Will.I.am has a point that surpasses the dance floor. Exercise is the best bang for the buck. Engaging in physical exercise will ignite benefits in other areas such as mentally and emotionally. That in turn will lay groundwork for you to make better decisions professionally and personally. Now, those are reasons to get off the couch. Let’s figure out what’s really keeping you from moving. Please don’t say - you don’t feel like it. Who does? Let’s go!

Financial Strength

Paycheck to Paycheck. And then the car breaks down. There’s a better way to enjoy the fruit of your labor. Debt-free living affords opportunities to live and pursue dreams. Debt holds you stuck in a past that has already been lived. Why choose yesterday when today is here and tomorrow is promising? Cut the cards and start living. I love a fun prepaid vacation, don’t you?!!

Professional Strength

Stuck on a corporate rung. Let’s not blame the boss. In today’s society, opportunities are only limited by your thinking. Professional success is utilizing your God-given talents and gifts in a profession that is rewarding, satisfying and serving others. The mind of the prudent acquires knowledge, and the ear of the wise seeks knowledge. A man’s gift makes room for him and brings him before great men (Prov 18:15-16). Let’s seek to give God glory with your talents/gifts and stand proudly on your rung.

“I am not afraid of storms, for I am learning how to sail my ship” – Louisa May Alcott