

Types of Coaching

Life, health, business, personal, corporate, travel, etc.

Coaching can be beneficial for **any** behavior you want to change.

Our focus at Sonic Boom is health (lifestyle) coaching in the following areas:



Stress Management



Weight loss



Nutrition



Tobacco Cessation



Exercise

91

%

of participants would recommend Sonic Boom coaching to a friend.

“ It's very helpful to have professional resources that don't require a personal visit. I can accomplish everything I need to without an expensive office visit. The information I get is actually more useful. ”

“ My coach has a very positive and upbeat personality, which is infectious and helps me maintain a 'can do' attitude about my goals and the steps to achieve them! ”

“ My coach has helped me tremendously and especially to believe in myself and be able to reach the goals I am setting. ”

“ With my coach being an unbiased support, I was able to talk about my challenges without someone being judgmental. That was huge for me because although I have family who wants to support me, they also had comments or advice that was sometime unneeded or unwanted. She also helped me brainstorm so I could get out of my own way. ”

“ My coach makes me think out of the box – she helps me set realistic goals that I can reach, yet makes them challenging enough that I feel a sense of accomplishment. ”

Coach's Corner: Member feedback

WHY DID YOU SIGN UP FOR COACH'S CORNER?

64%

I wanted 1-on-1 support (and/or accountability) for sticking to my goals

30%

I tried reaching my goals on my own, and wanted some extra help

SUSTAINED ENGAGEMENT

81%

have completed at least 2 calls so far (31% have completed 6 or more)

65%

regularly track their personal goals online (another 22% track them semi-regularly)

MEMBER SATISFACTION

93%

are satisfied (83% are highly satisfied)

91%

say coaching makes their Sonic Boom experience even better

94%

agree that their coach is genuinely and enthusiastically committed to their success