

## Sharing Success – Debbie Winter

I think as a young coach some people may have the perception that I won't be able to relate, express empathy or impact their life – I completely see this as valid. I do not have as much life experience as a typical wellness coach, but I do have something else – passion. Since the inception of coaching last January, I have had the opportunity to work with Debbie Winter and all that comes to my mind when I think about our coaching relationship is gratitude. I am grateful that she gave me the opportunity to prove myself as a coach and thankful to her for letting me into her life.

Often times it takes a lot of strength to open up to someone, but when you do open up within a nonjudgmental relationship change is looming. Debbie stayed with us for a week last fall and from there she jumped started her life and began to re-evaluate things. She realized that she was allowed to be selfish and deserved to be when it came to her health. She figured out that it was more about the things happening around her than just the exercise and the nutrition. Debbie grew as an individual by diving right into what she describes as her “Black Hole.”

Out of all the client's I've worked with, I have to say that Debbie faced some of the toughest challenges that I've ever come across as a coach. She was intimidated to go to the gym, did not have much self-esteem or self-efficacy, had kids to take care, long hours to work, family issues to attend to, gyms closing on her and to top it all off a Bahamian flu affected the safety of her entire family. To see Debbie pull through all these challenges with specific goals and execute new strategies each week was truly a thing of beauty. No matter how rough a struggle, she made it work even if it wasn't perfect. Debbie quickly began finding more and more positives in even the worst of times.



To date, Debbie has lost 35lbs since starting coaching, but she's had way more “None Scale Victories” than anything else. These are victories that matter most and typically the ones that get surpassed from the numbers we see on the scale. In Debbie's case she cut down her work hours, took more time for herself, gained confidence in going to the gym and classes, found the strength to attend to the pressing issues affecting her life, successfully finished the Basrah Mile swim that she always wanted to do (even being sick at the time) and above all the her biggest victory has been finally understanding that life is truly about her happiness and not black holes.

When I think of Debbie's Journey this quote comes to mind: “Anyone can give up, it's the easiest thing in the world to do. But to hold it together when everyone else would understand if you fell apart, that's true strength.” Debbie you have shown true strength over the last year and I know in my heart that no matter the challenge you'll never fall apart.

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14 VALENCIA ROAD HILTON HEAD ISLAND, SC 29928 /// 800.292.2440 /// HHHEALTH.COM

# H3@Home COACHING

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**Please comment on how H3@Home Coaching has benefitted you in any of the following areas: appearance, motivation, energy, exercise habits, eating habits, sleep, self-esteem or stress.**

I feel better than I have in years. After years of feeling intimidated by gyms and health clubs, and embarrassed at exercise classes – my stay at H3 gave me the foundation to have a little confidence- especially the “intro to the weight machines” by Adam and my one personal training session with Jeff.

If I had not had that face to face session with Jeff I think I would not have been comfortable starting with such a Young coach – but he instantly put me at ease in our initial phone session, and I soon realized he was a true professional wiser than his years – and I never thought about his young age again.

I truly look forward to exercising now and try to find the positive in any bad situation – following Jeff’s examples. I am still working on my self-esteem and eating habits but know that I look better than I did a decade ago. I realize the importance of getting enough sleep now – and now listen to my body when it’s time to give up and go to bed. Life does get in the way sometimes – especially when I am blindsided, but my coach reminds me that each day is a new day – and always reminds me to look for the positives.

Stress is always around the corner and I am still learning to deal with it in the best way for me.

**What successes can you attribute to wellness coaching and the continued at-home support?**

For many years I wanted to swim in a particular marathon and this summer I finally signed up for an ocean swim marathon – and although I didn’t complete it – I know that if I weren’t struggling with unexpected health issues at the time of the marathon I would have been able to finish as I did in practice swims. Looking at the positive of it – I didn’t pull out before the race – and I showed up in my bathing suit and did not cover up with jeans and a long shirt as usual.

I do look forward to setting new goals and have signed up for a 5K next month.

**How has wellness coaching impacted your behaviors/lifestyle at home?**

Wellness coaching reminds me that I deserve to do something for myself each day whether it is exercising, meditating, or nothing at all. I understand that I can accomplish more if I set myself a goal and follow the steps to achieve it.

I am no longer a door-mat. I have found a way to crawl out of my deep-dark hole that I buried myself in for years. I am actively seeking professional help for co-dependency and although I am still very scared of the future, I plan on getting my life in order and to say “no more” to the chaos it had become.

I also learned that I do not have to wear a fake “happy mask” and pretend to be happy all the time to everyone, and I can share my true feelings for they are mine to share.

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