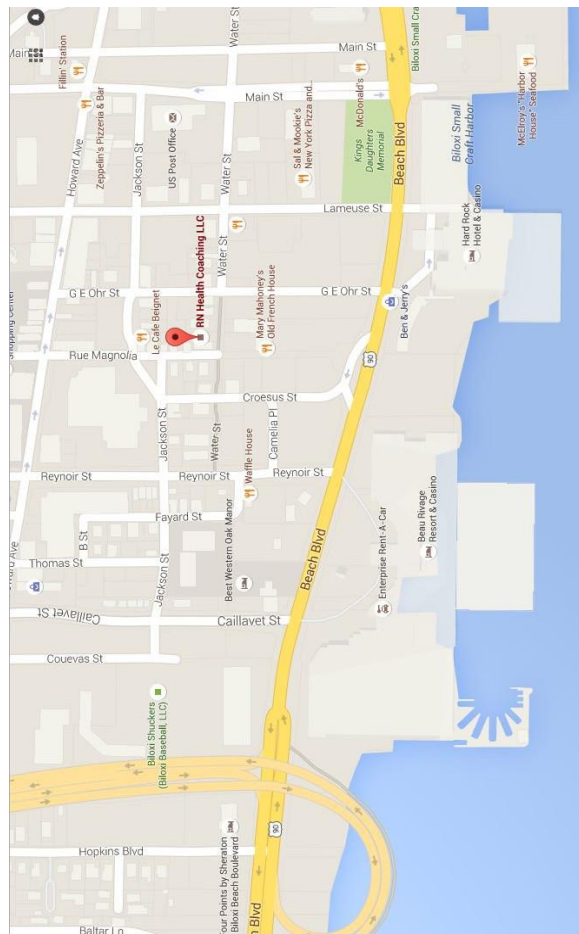


# Flexible Meeting Locations

- Office, by Appointment



- Skype, Video Teleconference
- Telephone Session
- One-on-One, Couple and Group Sessions
- External Location (Starbucks, Park, Beach Walk, Workout, etc.)
- Your Business Location



**RN Health Coaching LLC**

**792 Water Street #5  
Biloxi, MS 39530**

**(475) 444-MEND (6363)  
MENDCoach@gmail.com**

**Visit us on the Web:  
www.RNHealthCoaching.com  
www.MEND-Yourself.com**

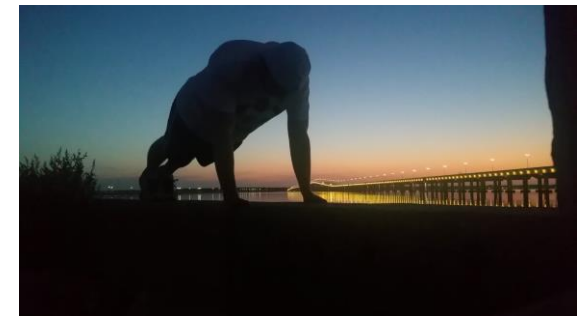
**RNHealthCoaching.com**  
**RN Health Coaching LLC**

**MEND YOURSELF**

move\*educate\*nourish\*decompress

# Invest In Yourself!

Michael Gray, RN, BSN is a Registered Nurse who is passionate about helping people achieve the level of health, happiness and well-being that everyone deserves.



RNHealthCoaching.com

# RN Health Coaching LLC

## A Comprehensive (5 Session) Nurse- Coaching Package Includes:

- Two-hour initial consultation reviewing Health and Social History
- Plus, Four (4) One-hour follow up meetings over 44 days to evaluate and revise/streamline your personalized health and wellness plan
- \$300 total includes ALL 5 sessions
- Standard rate is \$90/hr.; \$240 discount for the package; (\$60/hr. rate applies to established clients after the initial 44 day submersion)
- Your commitment to keeping a 44 day dedicated M.E.N.D. JOURNAL on the progress of your health, well-being, presence, gratitude and happiness

## Introduction to RN Health Coaching's M.E.N.D. Yourself! (Move, Educate, Nourish, Decompress)

- MEND Algorithms
- Curve Diagram
- Onion Diagram
- Wave Diagram
- Goal Setting
- Time Management
- Nourishment and Preparedness
- Primary Influencers (People and Environments)
- Focus on Increasing Awareness and Observation
- Correction of Harmful Reactivity and Unhealthy Patterns
- Depression/Anxiety (Cognitive Behavioral Therapy Concepts)
- The Human Lifespan and Your Current Position on this Timeline
- Tibetan Buddhism Concepts
- Present Mindedness, Gratitude and Happiness
- Energy Awareness; Perception Shifting
- Holistic Healing
- Utilization of the Nursing Process (A.D.P.I.E.): Assessment, Diagnosis (Nursing Diagnosis, not Medical), Planning, Implementation Techniques, and Evaluation of Outcomes

RNHealthCoaching.com

# RN Health Coaching LLC

## MEND YOURSELF

move\*educate\*nourish\*decompress



### Contact Us

RN Health Coaching LLC  
792 Water Street, #5  
Biloxi, MS 39530

(475) 444-MEND (6363)  
MENDCoach@gmail.com

Visit us on the Web:  
www.RNHealthCoaching.com