

Coaching Philosophy

Lauren is the founder and owner of Lotus Fitness and Lifestyle Health Coaching. She runs her business from a mind-body-spirit connection based philosophy for the best outcome for sustainable behavior health change. Though her background in exercise science first led her to personal training a wide variety of individuals, she observed that true overall wellness and healthy living has to come from the autonomous individual...the client's self-determined goals based on their current state of health, personal set of values, strengths, and inner wisdom. Lauren's role in the client-coach relationship is to support, assist, motivate, and collaborate with empathy, positivity, and non-judgement as she knows the client is ultimately the expert on their own health. Change is completely in the client's hands, and how the process goes is up to the client. One's own process to goal attainment is imperfect, non-linear, and is met with many barriers. However, no goal is unachievable when it is broken into smaller, more manageable steps. Lauren's goal is to help clients realize their potential so as they take each step in their change process, resilience and self-reliance is achieved. Every human deserves to live their BEST life at their fullest potential.

Common Health Behavior Change Goals

1. Better Fitness (improved strength and/or endurance)
2. Weight loss
3. Sport conditioning for enhanced sport performance
4. Better Sleep Hygiene
5. Healthier Eating Habits
6. Adherence to doctor prescribed lifestyle changes based on diagnosis
7. Stress management through exercise, mindfulness, self-awareness