

Get To Know Emmet.

LET ME INTRODUCE MYSELF.



Emmet Quigley (NBC-HWC)
Online Health & Wellness Coaching.

Emmet Quigley
HEALTH & WELLNESS COACH



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About Me.

Hello, I'm Emmet. I live in the County Louth area, of Ireland.

I am a Qualified Health and Wellness Coach and Mental Health Nurse (RPN)

I started My Online Coaching Practice, in the Summer of 2021.

Before taking my career change in 2021, I practiced as a Registered Mental Health Nurse (RPN) for over 20 Years.

I hold a great passion for promoting mental health and holistic well-being.

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I am a National Board Certified
Health & Wellness Coach (NBC-HWC)

My Professional Education & Training.

(September 2018 - June 2020)
Post Graduate Higher Diploma in
Applied Health and Wellness Coaching.
Accredited By; University of Galway.

(September 2004 - June 2005)
Post Graduate Higher Diploma
in Adult Mental Health Nursing.

(September 2000 - May 2003)
Post Graduate BSc in Nursing Studies.

(October 1996 - December 1999)
Certificate in Psychiatric Nursing
Registered Psychiatric Nurse (RPN).

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Coaching With Me Can Help You Achieve;

1. **Improved Stress Management Skills** (Learn behaviours that can help you achieve more calm, confidence and competence to effectively navigate your daily living challenges)
2. **Greater Emotional Health** (Build your self-awareness, self-compassion and acceptance skills and strategies for better mental health and well-being behaviour outcomes)
3. **Enhanced Mental Focus** (Be more present with your thoughts,, feelings, and decision making behaviours)
4. **Increased Physical Well-Being and Vitality** (Practice eating, sleeping, physical activity and resting behaviour changes for enhanced health and wellness resources)
5. **Build Stronger Social Relationships** (Learn new ways to communicate and be your authentic self, that can support your mental, emotional and social well-being goals)
6. **Align Purpose for Life-Satisfaction** (Discover, clarify and take lifestyle change action aligned with your values, build upon your character strengths and move towards growing your Life-Satisfaction)
7. **Personal Self-Development** (Grow your mindset and lifestyle habit behaviours to empower your personal development now, and in the future)



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What To Expect In Your Online Coaching Package with Emmet.

Firstly You Get Holistic Focussed Step by Step Lifestyle Behaviour Change Coaching Support!



Your Coaching Package Includes:

1. Online Coaching Sessions (Either 30/45/60 Minutes)
2. Post-Session Goal Plan Summary (Sent to You by Me)
3. Between Session Practices (Text/Video Lessons & Exercises)
4. Check-In Messages Between Sessions (As You Decide)



The Coaching Process.

BOOK A (FREE) DISCOVERY CALL:

Start your Wellness Journey in a Free 20-Minute Discovery Call. Here, we'll briefly discuss your goals, and decide if you and I are a good fit to work together? If we are, I will outline the next steps to prepare for starting our coaching partnership (See Below)

SIGN THE COACHING AGREEMENT:

After we agree to enter a coaching partnership. I will send you a straightforward and transparent Coaching Agreement to sign.

I also ask you to complete and return a Holistic Well-being Self-Assessment and Medical Release (GP) Form. Then you and I can schedule our First Coaching Session.

PAYMENT AND INVESTMENT:

A simple payment process (Paypal & Stripe) You choose to make your Coaching Package Fee Payment, before we Start Coaching.

FIRST SESSION; CREATE YOUR WELLNESS VISION:

We will explore your Well-being Assessment findings and coaching objectives. You will create a 3-Month Wellness Vision Goal.

This supports your 3-Month Wellness Vision (SMART) Goal Plan creation, in our second and follow up coaching sessions.

SECOND COACHING SESSION:

CREATE YOUR WELLNESS VISION SMART GOAL PLAN;

Your Wellness Vision (SMART) Goal Plan helps you begin taking your chosen lifestyle behaviour change goal action. This will include practicing strategies and skills aligned with your goals and vision.

FOLLOW-UP SESSIONS AND CHECK-IN SUPORTS:

Follow up sessions help you review and update your Lifestyle Behaviour change actions towards achieving your Mental Health and Well-Being Goals. In-Between Session Practices and Check-In Messaging helps you to build new skills and be accountable with your goal progress outcomes.



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Book Your Discovery Call

A **Discovery Call** is an initial conversation between you and I, to explore your well-being goals, challenges and needs.

This (FREE) call usually takes up to 20 minutes. It is an opportunity for me to understand your situation and determine if we are a good fit for coaching together?

Our discovery conversation aims to find out if there is a mutual interest, to move forward and enter into a coaching relationship.

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Send any questions you have to: —→ **info@emmetquigley.com**