

COACHING is a relationship between two or more people. The COACH is a highly trained partner, a consistent supporter who really listens and works with you to meet your goals, specifically and holistically. The relationship allows for good goal setting, persistence, expanded resources, and accountability. In pain management, the CLIENTS, already successful and resourceful, have experienced pain, injury or diseases that get in become obstacles on their life paths, and they look for coaching in coping, ignoring, or better listening to the pain, in amending their responsibilities for greater comfort and success, or in taking better care of themselves to achieve better overall health. COACHING usually starts with addressing the whole person. Distinct from therapy, teaching, preaching or catering, it adds new insight, awareness, and refocus.

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CHAPEL HILL,  
NORTH CAROLINA

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# *WELLNESS COACHING*

For the management  
of pain, chronic  
disease and overall  
wellness, moving  
you forward on your  
chosen life path!

*Jeanne Hernandez*

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**JEANNE HERNANDEZ** has been working with folks for many years, supporting their paths to being maximally successful and content at work and at home. She is a behavioral medicine and pain specialist in a teaching hospital. She has a doctorate in Psychology, a master's degree in Public Health, is a licensed clinical psychologist and health services provider, a certified hypnotherapist, and an NLP practitioner. She has advanced coaching training with Coach University ([www.coachu.com](http://www.coachu.com)) and Erickson University ([www.erickson.edu](http://www.erickson.edu)).

Services can be tailored to your needs. You can work: **OVER THE PHONE** by scheduled appointments; quick calls and periodic emails are included. **IN PERSON** –as a hypnotherapist, Jeanne can sponsor rapid shifts. **GROUP COACHING** for two or more is also available. Jeanne lives in the Research Triangle Park area of North Carolina.

## WITH JEANNE YOU CAN EXPLORE OR PRACTICE:

Self-hypnotic pain therapy

Positive versus negative self talk

Letting go of memories or past trauma that accompanies the pain

Techniques to minimize and change body discomfort

Physical, emotional and cognitive stress management

“Getting” what the symptom or pain is really trying to tell you

Communicating with your symptoms in a way that is supportive

Refocusing your attention to what you would rather attend

Relaxing the muscles and swelling around an injured area

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## WELLNESS COACHING'S WORKING PRINCIPLES

Your body has its own intelligence and you can access it

Your body has its own set of memories that sometimes bypass the conscious mind

Your mind has a template for how your body should work, and we can access it

You, your mind and body are one system that can work harmoniously, against all odds

Physical and emotional pains are often pathways to the solution for something else

When you give up something that you cherished, even if it is comfort, you can make room for something else valuable that you didn't even know was there

You are infinitely more capable and flexible than you thought you were