

I needed a reset moment . . .

“Working with the coach, I had a reset moment. And now I’m showing up more resilient and coming into work with a smile on my face. And that helps all the people around me.”

—David, Vera patient




vera
WHOLE HEALTH
verawholehealth.com

After working as a consultant for the Gates Foundation for five years, David made the decision to join the team full-time in 2017. And that meant an extended season of change, uncertainty, and significant challenge for David.

David shares, “My wife and I were new empty nesters when I joined the Gates Foundation. We’d lived in a small rural setting for 18 years. And then we relocated to Seattle. I was used to the quiet, where I could find the space to recharge. The quiet time I needed was harder to come by. I just found myself not showing up as my best self. I found myself getting short with others, quick to complain about others. I developed some unhealthy routines, and I started wondering if this new life and how I was working was even sustainable. I needed a reset moment.”

David wasn’t a stranger to the Vera Whole Health clinic. He took advantage of the annual wellness visits. But when it came to talking with a Vera Whole Health coach, David admits, “I felt I was too busy and didn’t have time.”

But after David’s wife shared her positive experience working with a Vera health coach, he decided to make the time.

And his experience was worth it.

Together with his Vera health coach, David talked through the tension and stress he was experiencing. Through many sessions of empathetic listening and discussion, they co-created a plan that would help David find the sustainable balance he needed. They established achievable goals that would ultimately lead David on a trajectory to recapture his resilience, recharge, and break the unhealthy routines he’d wandered into.

“This is a really special place to work. The mission is really compelling. But it can get you to a place that’s unsustainable because there’s so much to do. The problems we’re solving are so hard. Working with the coach, I had a reset moment. And now I’m showing up more resilient and coming into work with a smile on my face. And that helps all the people around me.”

“I developed some unhealthy routines, and I started wondering if this new life and how I was working was even sustainable.”

How can a Vera health coach help you change your life? Call and make an appointment today. ■