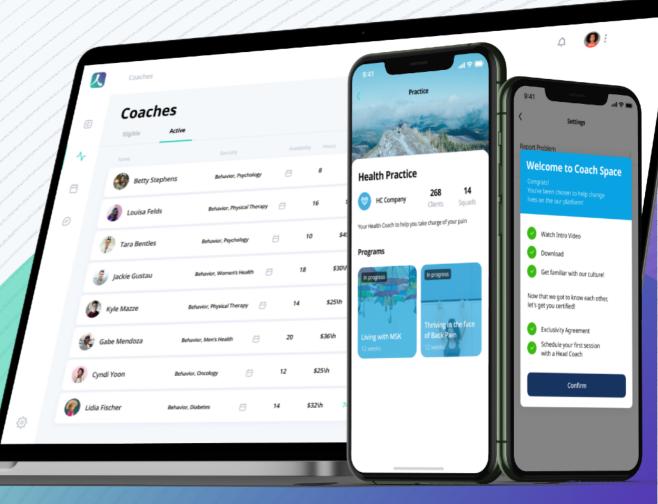


Human Eye in Al & Health & Wellness Coaching

YourCoach.Health revolution@yourcoach.health









What is a Health Coach?

A certified Health Coach is a trusted partner and mentor who empowers individuals to both identify and achieve their goals related to health, wellness, and mindset and encourages and supports their client every step of the way by using science-backed, behavior-driven lifestyle modifications



We are all unique

Mainly mental health, but also some fitness help would be appreciated!! I may also have gastrointestinal issues?

Mental health, anxiety, depression Busy moms and their young athletes coaching

Nutriscription

Brain Upgraded

Medical Fitness

Healthy relationship coach

The Bladder Coach

Hypothyroidism coach

Healthy Concepts for Women

Muslim women nutrition coach

Breath coach

Body confidence coach

Executive Health Coaching

Fierce Love: a Self-care Exploration for Women

Chronic Pain Management

Brain Health Coach

Transformational Health-Engineer Coach

I would like to help my immune system, lose weight in a health and steady way and take care of my children's health.

I am trying to understand my feelings better and try to respond

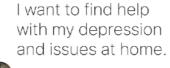
younger. I want to understand why I feel how I feel and figure out how to change my decision making routine. I have been in a toxic

to stressful life events in a better way. I want to learn good coping mechanisms and fix my mentality from when I was

cycle for 2-3 years now and I'm ready to break in out of it



Mental health / performance coach to support me as a startup founder









Call to Action to the Space community

How can we apply methodologies of

Human performance,
Goal optimization
Behavior modification

used to keep astronauts safe
& sane in space to 7B+
people on this planet



Contact

Eugene Borukhovich

Eugene@YourCoach.Health







@yourcoachhealth









