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Nxtgen health coach

Moving to mainstream content technology in an era of social media growth and access to quality online information has helped to build a younger generation than ever before. Young adults may be affected, but also become influencers. It goes into the world of wellness. Today, this new wave of informed influencers are trying to share their health knowledge with their peers. Today we catch up with Jane Olivia. At 18 years old, Jane is a certified health coach, entrepreneur and social maven. As a high school student, Jane has the passion to change the way other students eat, live, ... experience in life. After 18 years, what inspired your passion to continue to become a health coach so early in your life? It started when I was about 14 years old. I was on a competitive swim team and felt like I wasn't doing as I could have been. So I went to the Internet and found myself interested in becoming a paleo, a diet for athletes who want to become simpler and stronger. Or at least that's what the Internet teaches me. Against my judgment, I went for it. I was quite committed to 14 years old. Disappointingly, I noticed a big difference in the way I looked, but my swimming performance deteriorated. I was lethargic and tired all the time. At worst, my endurance and recovery time was disrupted. Then I came across veganism. I watched hundreds of YouTube videos and read tons of articles about health benefits. I learned how it had transformed people's lives around the world. Then I read about some amazing athletes who were vegan and inspired to try it. So now, after being a vegan for 3 years, I've noticed such a big change in my life at all levels. What I would really like to do is share this transformation with others as a health coach. How did social media play a factor in starting your brand? Through social media, I have helped make myself known to many more people than I could ever have personally. Fortunately, we live in an era where you can find and communicate with people with similar interests in an instant. With Instagram, I share my recipes and everyday life. Hopefully this could help inspire someone to try veganism, yoga or even swap their unethical makeup for cruelty-free version. Through my YouTube channel I created a recipe for video. Then I will share these videos on my blog, along with other important topics. I'm talking about my hobbies, vegan restaurants, how to thrift shop or shop ethically, and cruelty without makeup advice. All these things are what I believe. With social media, I have been able to reach a wider audience. I hopefully have inspired some people along the way to try veganism. Even minor changes make a difference, such as trying a vegan recipe, cruelty-free product or choosing not to buy the skin. I want to help bring that to light with my practice as a health coach. What was it like thinking about college and career? To be honest, it was of the most difficult parts of my road so far. I am currently has always been so competitive and pressing in school and environment. When I was at the waist in grade 11, my teachers, peers, and management consultants were all hands on board. They wanted to make sure we were on the right track to get into our dream school. I hated the whole process of looking at colleges because I knew I wanted to do something else. What I was interested in was not offered as a degree. The reality was, I wanted to share my views on health and wellness through my blog and YouTube channel. The challenge was figuring out how to monetize it. How did you start exploring your career as a health coach? Fortunately, after hours of looking through old school nutrition degrees, and monodiscipline pre-med schools, I came across the Institute for Integrated Nutrition (IIN). After registering in February 2018 to become a certified health coach, I officially started operating in May. Honestly, I can say this has completely changed my worldview. I'm fascinated by everything we learn and I'm so passionate about it. This is what stirred me to look for a degree that can help build up my knowledge of health. I knew I wanted to become a health coach, but I felt the need to delve deeper into some of the subjects we learned. That's when I came across a degree offered by Arizona State University called Integrated Health. I read the description of the bachelor's degree and within 30 seconds I was applying for school. It was something I never saw myself doing, but it felt good. Previously, I had never seen a degree that would develop with my goals and passions. The program compliments what I've learned in IIN, and more. I'm so excited to start my studies at ASU in the fall of 2019. I'm also going to be running my health coach business while I learn online. This excitement is how everyone should feel about their education. It's so much fun to learn things that you care about. Funny how your path just leads you in the right direction. Why does a degree in integrated health appeal to you? I was originally focused on IIT because of the natural and holistic approach they share with their students, but also that you can become certified and start a business with all your tools online. It was great for me since I was a junior in high school at the time I applied. I knew I wanted to have my business surrounding health, but I never had to cross anything quite like IIN in the sense that they brought you up with everything you could ever need when starting your own health coach business. What is your business love? cafe and how is starting that business leading to the start of your health coach business? Love Cafe was kind of my start to become an entrepreneur. I got really into baking before I was a vegan and taught myself how to make elaborate desserts and shredders and made the website fun. I have some orders here and there from friends and family. It's such a great learning experience for me and I have been able to reach even more people with my goods to prove that vegan food can be taste as good as its non-vegan counterparts. What is your coaching business dream? Who do you want to help? My dream is to run my health coaching business through my blog. I would love to reach a wide audience across the country by conducting online sessions. However, I also enjoy the intimacy of working with people personally, so I will also have some clients I see in my field. I really want to work with young adults or students. There are so many people who want to go vegan, but do not know what to cook or what to shop for. I know that there are people out there who just need additional support in their lives to promote overall well-being. How has Healthie helped you get started with your health coach business? Healthie has shown me and given me all the tools and resources I need to move on to start my career as a health coach. They have allowed me the freedom I want by including my Healthie account with my already existing website and brand. And it's a one-stop shop for all my clients so they just have to have one place to go to all my resources from me. Healthie has so many great tools for clients and a health coach that I never even thought like chat and calendar. This has made it so easy to communicate with current and future customers! Healthie is also just so user friendly and easy to navigate. Everything is organized so methodically and the Healthie team is so friendly and helpful. Wouldn't want to jump start your career with someone else! What are your favorite features of the Healthie platform so far? I love the Programs page! I never even thought about having more than one topic or program to offer, but for now, my options are endless. You can create any type of program that speaks to you and your audience and sell rights to this page. It's amazing. I also love the calendar option. It's great to have one place where you can see everything that happens to every client you have. Instead of 10 different calendars on your phone or PC, there's only one calendar where customers can see your availability. What are some projects that you are working on and how do you use them to market your business? On the given file now I am currently working on an eBook, Vegan Basics, that I will offer with my 6 month program, or you can purchase it on my blog. It is full of light, everyday vegan recipes. I look forward to releasing it in May 2019 (fingers crossed) to help jump start and hopefully inspire some people to take a big step in their health. What is one piece of advice you could tell another student who is thinking about getting started in the wellness field or becoming a certified health coach? I'd say go for it! Follow your heart and your passions. Find a niche or problem in the world that you can work with. Spread your message by any means you can and build a brand and name yourself. Even if researching health is not the ultimate goal for you, do it Health and wellness studies in any grade are beneficial to you, as throughout the in your learning, you heal yourself and find new things that work for you. I sure have learned some new things about myself through IIN and passed it on with my friends and family. Going into the health and wellness area is one of the most rewarding careers you can embark on and I'm so excited to be starting mine. Just 18 years old, Jane has been able to incorporate a strong brand voice as a health coach across several platforms. With her digital reach, and through the Healthie platform, she is able to share her passion for the holistic diet of countless other young people. Check out Jane's website and follow her on Instagram @earthy.jane. We can't wait to see where her health coaching journey is going for her. Her.

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