

Coaching for Fibromyalgia:

**Benefits, what a coach is
and isn't, how to choose one,
why I became one**

www.melissavsfibromyalgia.com



Why a Coach for Fibromyalgia?

Struggling with pain, fatigue, insomnia, brain fog and the host of other symptoms that come with fibromyalgia can mean daily life is difficult enough without trying to figure out how tackle these symptoms.

If I had had someone who could have said "I believe you. Here is a place to start. How are you, really?" My journey would have been much shorter. I would not have lost the entirety of my twenties to the fight.

Benefits of Fibromyalgia Coaching

Dr Liptan promotes the concept in this article...because she knows a doctor cannot possibly help put the jigsaw puzzle together with you in their tiny allotted appointments. She also discusses coaching with Tami Stackelhouse (founder of the International Fibromyalgia Coaching Institute) in this video.

An article about a study on health coaching in 2016 states that "Telephonic coaching has been found to be an effective means for behavior change while also providing a convenience for the patient and clinician. Appel et al."

In the study, nine patients participated –
At the conclusion of 12 months results included that Revised Fibromyalgia Impact Questionnaire scores improved by 35%. Illnesses interference in function was reduced by 44%.

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The benefits:

- Fill the gap in the current healthcare system that people with fibromyalgia are falling through – helping patients to enact what doctors suggest but don't have the time to show them how to do
- Reduce the time it takes to put together a wellness plan
- Increased functionality (you do more)
- Decreased impact on your life
- Support
- Understanding

Life coaching is

A partnership between coach and client where the coach supports, encourages and provides accountability while the client works toward their goals.

Life coaching is not

Therapy or the coach taking control for the client. The only expert in your body and condition is you.

Why I Chose to Become a Coach Specialising Fibromyalgia

At the beginning of this year, I was wondering what to do next in my career. With three small children and fibromyalgia it was becoming clear that I could no longer balance work, life, health and making the resources I have made to help others fight fibromyalgia. When I visualised my ideal job, it was fibromyalgia coaching! Except that it took me a while to put the pieces together.

I have since studied to become a Certified Life Coach through the Transformation Academy and begun a mindfulness and meditation practitioner course.



I am supremely passionate about helping others take control of their healing journey – because I believe self-efficacy is vital. We make small decisions all day every day which add up to impact our quality of life.

How I work

I provide research, advice on how to find more information, my personal experience and help you work through the information and your own goals and ideas.

My philosophy is very positive but realistic. I have done the work myself and dragged myself from miserable and barely coping to thriving despite the fibromyalgia and I expect anyone who works with me to be ready to do the work.

In short, I empower you to take control of your healing journey.

If You're Considering Working with a Coach

Go through their blog, books, products, videos etc. To see if their style gels with yours. Coaching generally takes place over a longer term period, unless you have a smaller goal so you want to be comfortable with the person you choose.

Ask yourself what you would like to achieve – I am able to help you break big goals down into manageable chunks but we do need to have reasonable expectations.



Where Can You Get More Information?

My blog has around 200 articles. I have two Facebook groups you are welcome to join – Melissa (you) vs

Kick Start Your Fight Against Fibromyalgia

So you can...
Better keep up with your kids
Or, cope better at work
Or _____ fill in your goal

Individual, personalised package or group package available to help you set your goals, make a plan and enact new coping mechanisms.

Learn, Plan, Do

Fibromyalgia and Pregnancy and Fibromyalgia. I have written two books – Melissa vs Fibromyalgia: My Journey Fighting Chronic Pain, Chronic Fatigue and Insomnia ([affiliate link](#)) and Pregnancy and Fibromyalgia ([affiliate link](#)).

Join [Melissa \(you\) vs Fibromyalgia](#) Facebook group.

See my [YouTube channel](#) here.

Have a look at [my Work With Me page](#) – you can sign up for a complimentary chat where we discuss what your goals are, how I could help and if you are in a good place to begin coaching.

Melissa Reynolds
Fibro Fighter, Mama, Author, Planner, Doer, Coach

✉ hello@melissavsfibromyalgia.com
🌐 www.melissavsfibromyalgia.com

**EMPOWERED
COACHING**

Helping you to take control of your healing journey and improve your quality of life