

Release & Renew

Transformational Coaching

BODY • MIND • SPIRIT • EMOTION

My coaching practice is based on this commandment:

“Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength. The second is this: Love your neighbor as yourself. There is no commandment greater than these.” - Mark 12:30-31 (NIV)

Most of us tend to overlook the emphasis on the word “yourself” in this important teaching. We often forget about ourselves as we take care of everything and everyone else. When this pattern happens year after year, our health can become compromised, our weight can get out of control, our stress grows, our energy dies, and our most intimate relationships may suffer.

This is why I became a Transformational Health and Lifestyle Coach. I help clients (just like you) recognize and change unconscious, unhealthy habits that have crept in slowly through the years. I want to help you not only practice self-care, but also soul-care.

Do you feel stuck or stagnant in any area of your life that is holding you back from being the healthiest, happiest version of yourself? We are instructed to love others as OURSELVES. How are you doing?

I would love to help you unlock the parts of yourself that have taken a back seat, or areas of your life where you feel your light has dimmed or is almost snuffed out.

Let's work together to rekindle the fire within so that self-care and soul-care become as natural to you as breathing.

My Story...

I have a TON of energy, but it wasn't always this way. Over 10 years ago, I was diagnosed with an autoimmune disease. But that diagnosis didn't feel right to me, so I became very conscious of what I fed myself with both food and thought. I was soon off all medication and have been healed ever since.

[Learn the full story on my website.](#)

Schedule an Introductory 50-minute Release-Renew Breakthrough Session to gain clarity on how coaching will help you realize your dreams.

Have questions? I try to answer most questions on my FAQ web page, but if you don't find your answer, schedule a Release-Renew Breakthrough Coaching Session with me.

Follow Coach Jill: [f](#) [@](#) [in](#) @coachjillfelts



Coach Jill Felts



Invite me to inspire your group.

My talks include useful “aha”s (backed by research), experiential exercises, and action steps you can immediately implement.

Talks I love to give:

- ⌄ **Slow Down to Speed Up Your Metabolism**
Vitamins for the Soul
- ⌄ **Healing Hydration:**
Beat Fatigue and Heal Your Body
- ⌄ **Your Body is Your Soul's Gift Wrap**
- ⌄ **Where Energy Goes - Energy Flows**
- ⌄ **Don't Buy a Ticket on the Sugar Roller Coaster**
- ⌄ **Fat is Phat!**
- ⌄ **The Art of Receiving**

Request more information on any of these Transformational talks.

P: 770-402-3916

E: coachjillfelts@gmail.com

www.CoachJillFelts.com

Speaking Testimonials

"Jill's talk was great and very informative! I think it really provided some perspective to us about handling stress and how much it really plays a role in metabolism – her tips/suggestions all made sense and were helpful. I took a lot of good notes. I think it would be useful to have her come back and do another presentation." - **Liz**

"I LOVED it! She was fantastic and I really learned some very practical, useful tools. I'm so excited to sign up for my sessions." - **Lisa**

"I had the privilege of hearing Jill speak to an audience of 100 who she captivated for nearly an hour. She is a very authentic and engaging speaker. Her gentle and caring personality comes beaming through when she talks and you can just tell how much she genuinely cares as she shares her stories from her heart. She is a gift from God and as real as they come. I'm enriched and blessed to know her." - **Michelle Larter**

"Loved it so much!! I learned so much that I don't think I would have if it wouldn't have been for her talk! Very informative without trying to "shove" a lifestyle onto you like I feel so many health talks do. I would love for her to come back and talk about anything relating to health! Maybe even self-care or something along that line!" - **Jennifer**

"What a great job you did today! I wanted to talk to you more, but you had a crowd around you afterward. You truly have a gift...you give me inspiration to be a better person and have a closer relationship with our Maker." - **Ellen**

"I loved her. I want to know more." - **Mandy**

"I want to say that it was such a blessing meeting you last night. Your presentation was simply inspiring. You motivated each and every one of us! Thank you for challenging us to ask ourselves, 'Who are you being?' Just profound." - **Patrice**

"Jill brought a great zest and heartfelt testimony to our Women's Expo as a leadership panelist. She inspired business and ministry leaders to follow God's lead, stay on course and press through challenges to a level of success beyond their imagination. She's living proof!" - **Margaret Mitchell**

[View More on my Website.](#)



Client Testimonials

"For months before my wedding, I was doing Orange Theory Fitness 3 times a week and trying to eat an 1800 calorie diet (with the occasional extra wine) to get "wedding ready," and I wasn't shedding a single pound. I was dumbfounded. Jill introduced me to a regimen of protein-based smoothies as part of our consultation and my body immediately responded, shedding 7 lbs. in 6 weeks before the big day. Instead of shocking my system, I was feeding it the right foods to feel nourished and safe. Very grateful to Coach Jill! I feel beautiful inside and out."

JO Boston, MA

"When I think about the changes in my body and mind over the past few weeks with you as my Health Coach, what comes to me the most is that after only my 3rd session with you I noticed how the change in me happened so fast! My reflux has diminished, I've lost weight, and I have more ENERGY in the afternoon. This is such a huge change for me, because I have had these issues for far too long. Thank you! I can't wait to see what changes I have in the future with you!!!"

JH Loganville, GA

"I've been concerned about menopausal weight gain, and I felt a "diet plan" wasn't what I needed. I enjoyed Jill's Holistic Habits Group Coaching Program – it was information that I couldn't find through another source or eating plan. Jill is someone you can trust. She isn't judgmental about clients' views, but isn't afraid to correct misconceptions either. I have created new habits that don't cost a thing and will last a lifetime."

DG Atlanta, GA

"I feel such peace. This peace is seeping into all my relationships. So very grateful."

GV Dallas, TX



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