



Integrative
**HEALTH
COACH
SUCCESS**

By Dr. Stephen Cabral

#018

3 Crucial Health Coaching Systems for Your Business

Every business needs systems, but when you're a solo entrepreneur or running a small team they become even more important...

Without them, you end up doing redundant or non-automated tasks and wasting hours per day that could be better used working with clients or as well-deserved downtime with family and friends...

That's why on today's Integrative Health Coach Success podcast 018 I'd like to share with you the 3 crucial health coaching systems you need right away for your business - Enjoy the show!

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IHP.Coach/018

EPISODE TAKEAWAYS

1

Make Scheduling Easy

Both you and your clients want to save time and not make phone calls... Use a solid online scheduler that works for everyone.

2

Stop With the Email

How often are you checking email? Whatever the answer is it most likely needs to be batched and chunked down to save you hours per day in interruptions and quality work.

3

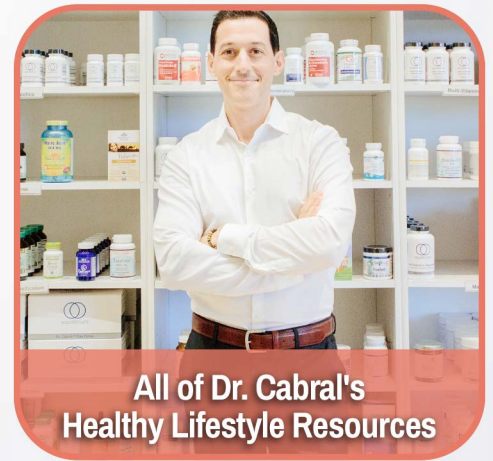
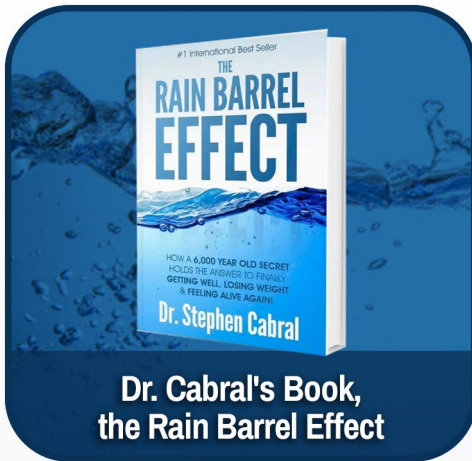
Re-Creating the Wheel

There is most likely a template or system you could be using in your business to half your time in terms of program or protocol creation.



**INTEGRATIVE
HEALTH
PRACTITIONER**

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