

# CHARLES LIEDL

HEALTH AND WELLNESS COACH



## ABOUT

As an experienced and dedicated health coach, my mission is to empower individuals to live their healthiest and happiest lives. With a passion for wellness and a genuine desire to help others, I have spent several years honing my coaching skills and guiding individuals towards achieving their wellness goals.

My coaching style is rooted in empathy, support, and individualized attention. I take the time to understand my clients' unique circumstances, challenges, and aspirations, tailoring my approach to suit their specific needs. I provide guidance, education, and practical strategies that empower individuals to make informed decisions and sustain positive lifestyle changes.

As a health coach, my ultimate satisfaction comes from witnessing the transformative impact I can have on people's lives. It is my privilege to walk alongside my clients, providing the guidance and support they need to overcome obstacles and thrive in their pursuit of optimal health and well-being.

## EXPERIENCE

- Health and Wellness Coach | Comprehensive Health and Wellness | June 2022-present
- Cadre | Comprehensive Health and Wellness Courses Aug 2022present
- Health and Fitness Coach | Independant | 2016 - 2020

## EDUCATION

- UW Eau Claire | English | BS Arts | 2014
- ACSM Certification | 2016
- TEFL Certification | 2011

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