

# TENACIOUS WELLNESS COACHING



Helping You Navigate Chronic Illness with Strength and  
Confidence

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# MEET THE COACH



Meagan Harold is a Certified Integrative Mental Health Coach and Registered Health Coach, as well as the founder of Tenacious Wellness Coaching. Her work is shaped by her own experience living with anxiety, depression, OCD, and later, Rheumatoid Arthritis. These challenges gave her a deep understanding of the emotional and physical realities of chronic illness.

Through her journey, Meagan learned the importance of the Five Foundations for Thriving: stress management, quality sleep, emotional processing, activity pacing, and meaningful self-care. Today, she helps clients build these skills with compassion, practical tools, and a steady, supportive partnership.

**Meagan  
Harold**

email: [meagan@tenaciouswellnesscoach.com](mailto:meagan@tenaciouswellnesscoach.com)



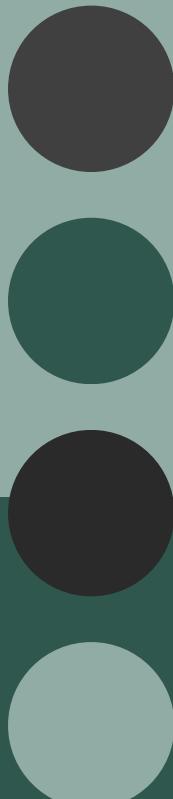
# Coaching Approach

Tenacious Wellness Coaching supports adults living with autoimmune and other chronic conditions by focusing on realistic, sustainable changes. The approach is rooted in gentle determination: taking small, compassionate steps that honor your limits while building steadiness over time.

Core areas of focus include the Five Foundations for Thriving: stress management, quality sleep, emotional processing, activity pacing, and meaningful self-care.

Clients can expect:

- Support from someone who understands chronic illness
- A compassionate, non-judgmental space
- Practical tools that can be used right away
- Sessions tailored to individual needs



# 1:1 Coaching Services



## *Thriving in the Workplace*

This track supports professionals who are managing chronic illness while navigating the demands of their career. The focus is on protecting your well-being while strengthening confidence, communication skills, and professional resilience. Clients learn practical strategies to manage energy, set boundaries, and thrive at work without sacrificing their health.

## *Thriving in Daily Life*

This track supports individuals navigating chronic illness who want practical, compassionate guidance for managing symptoms and reducing overwhelm. Together, we build supportive routines, pace energy wisely, and strengthen the Five Foundations for Thriving so daily life feels steadier, more sustainable, and more connected to what brings meaning and joy.

[Free Discovery Call](#)

# *Free Virtual Support Group*

1st Saturday of the Month - 1pm PT/3pm CT/4pm ET

A free monthly group for adults living with autoimmune conditions and chronic illness who want a compassionate space to connect and feel understood. Each session includes gentle discussion, reflection prompts, and practical tools for emotional resilience, stress regulation, and self-care. Participation is flexible, cameras are optional, and silence is welcome.

[RSVP](#)



# Group Services

# What Happens in a Typical Session?

## (Thriving in Daily Life Track)

A typical session starts with a gentle check-in about recent life events. For example, we may reflect on a holiday or family gathering, exploring both the highs and the harder moments. From there, we review any health updates, such as recent procedures or new treatments.

Next, we focus on a specific challenge in daily life. In one session, a client shared that flare symptoms had made it difficult to eat consistently. Together, we:

- Explored how symptoms and stress were affecting daily routines (Stress Management)
- Identified simple, tolerable foods and discussed meal timing (Self-Care Practices)
- Considered emotional barriers to eating and validated the difficulty of the moment (Emotional Processing)
- Chose options that matched her energy level and did not require extra exertion (Activity Pacing)

We ended with a realistic plan she felt confident about and set a check-in for the next session.



## A Kinder, More Supportive Inner Voice

Clients often realize they have been blaming or pressuring themselves for things beyond their control. Through coaching, they learn to replace self-criticism with understanding and compassion, easing emotional strain and clearing space for healing.

## Greater Confidence and Capacity, Even During Flares

Many clients discover they can do more than they thought when symptoms spike. By pacing wisely and taking small, attainable steps, they build confidence in their abilities without pushing themselves into collapse.

## Feeling Understood and Less Alone

Clients consistently share that they feel seen, validated, and no longer isolated in their symptoms. Coaching becomes a space where their experiences are believed, normalized, and gently supported..

## Sustainable Progress Through Small, Realistic Steps

Instead of all-or-nothing thinking, clients learn to take actions that match the current rhythm of their day. These small, meaningful steps add up to lasting change in health, habits, and emotional resilience.

## More Resilience, Stability, and Confidence

Clients describe feeling healthier, more capable, and less overwhelmed. They gain tools for pacing, emotional regulation, communication, and self-care that help them navigate both daily routines and difficult moments with steadiness and clarity.

# CLIENT OUTCOMES

**Small steps, compassionate support, meaningful change.**

## *Thriving in the Workplace*

\$97 per video session

## *Thriving in Daily Life*

\$87 per video session

## *Virtual Support Group*

Free

At Tenacious Wellness Coaching, we believe support should be accessible without overlooking the realities of running a small practice. Our goal is to offer rates that are attainable while ensuring we can continue providing high-quality care. For those who need financial flexibility, we offer five discounted sessions to help make coaching more reachable. If cost is a concern, you are welcome to email [meagan@tenaciouswellnesscoach.com](mailto:meagan@tenaciouswellnesscoach.com) for more information.



# Rates