

**COACHING
HER™**



EDUCATE. EMPOWER. INSPIRE.

Lead the way with Coaching HER®. Empower coaches and educators to lead with awareness, intention, and inclusivity.



Coaching HER® Body Confident Coaching Module 3: Promoting Body Confidence

KEY TERMS

Appearance Diversity

Everybody is different and no two people are the same. Recognizing and respecting appearance diversity includes accepting all appearances and celebrating differences.

Advocacy

Promoting the interests or rights of an individual or a group of people. Advocacy can involve helping others to find their own voice and speak up for themselves.

Autonomy

Having a personal choice in making decisions about one's body and actions.

Body Functionality

Focusing on and appreciating what the body can do, rather than what it looks like.

Intuitive Movement

The practice of connecting with your body and its internal cues and using that to determine the type of movement you'd like to engage in, for how long and at what intensity.