

# ROOTED & RISING

WHERE HEALING BECOMES LIFESTYLE



**Finding WELLNESS**  
Coaching

FINDING WELLNESS COACHING

# ROOTED & RISING

YOUR 12-WEEK JOURNEY  
TO SUSTAINABLE VITALITY



*Small roots. Lasting change.  
A healthier, more vibrant you.*

**Welcome,**

What if lasting health isn't about trying harder?

What if your body has been communicating with you, not working against you?

Rooted & Rising is a 12-week coaching journey designed to help women calm their nervous systems, nourish their bodies, and create healthy habits that finally last.

No guilt.  
No perfection.  
No starting over.

*Just one rooted step at a time.*



# A Different Way to Heal



Most health programs focus on what you should eat. Rooted & Rising begins by helping you understand why change has been so difficult.

When your body feels safe...  
Healthy choices become easier.

- Energy begins to return.
- Cravings lose their grip.
- Confidence grows.



*This is whole-person healing, from the inside out.*

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## Your 12-Week Journey

01

### DISCOVER YOUR STORY

Understand the patterns, habits, and stressors that have shaped your health.

02

### BUILD YOUR FOUNDATION

Create simple daily rhythms that support lasting wellness.

03

### STRENGTHEN YOUR ROOTS

Practice healthy habits until they begin to feel natural.

04

### RISE WITH CONFIDENCE

Leave with a personalized plan and the tools to continue your journey for years to come.

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# The 12 Pillars



*Together we'll build your health  
through twelve life-giving pillars.*

- |    |                      |
|----|----------------------|
| 01 | Rooted Calm          |
| 02 | Rooted Nourishment   |
| 03 | Rooted Movement      |
| 04 | Rooted Sleep         |
| 05 | Rooted Relationships |
| 06 | Rooted Choices       |
| 07 | Rooted Purpose       |
| 08 | Rooted Forgiveness   |
| 09 | Rooted Light         |
| 10 | Rooted Hydration     |
| 11 | Rising with Love     |
| 12 | Rising with Wisdom   |

*These pillars become the roots that support  
sustainable vitality for a lifetime.*

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# Your Journey Includes



- ✓ Weekly live group coaching
- ✓ Two personalized coaching sessions
- ✓ Monthly office hours
- ✓ Weekly meal plans, recipes, and shopping lists
- ✓ Practice Better coaching portal
- ✓ Journaling and habit tracking
- ✓ Encouraging community support
- ✓ Practical tools you can use for life

## Imagine 12 Weeks From Now...

- Imagine waking up with more energy.
- Feeling calmer and more in control.
- Understanding what your body needs.
- Enjoying food without guilt.
- Moving with greater confidence.
- Sleeping better.
- Feeling hopeful again.



*This is more than a nutrition program. It's an opportunity to build a life that feels healthier, calmer, and deeply rooted.*

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# You Don't Have to Do This Alone



If you've spent years starting over...  
Trying the next diet...  
Wondering why nothing seems to stick...  
You're not looking for another quick fix.  
You're looking for a new way forward.

We'll walk that journey together.

One small step.  
One healthy choice.  
One rooted day at a time.

With Gratitude,

**Rebecca Miller, RN, BSN, NC-BC, FMACC**

Board Certified Nurse Coach

Functional Medicine Academy Certified Coach

Founder, Finding Wellness Coaching



“*Helping women stop starting over and create sustainable vitality through compassionate coaching, whole-food plant-based nutrition, and whole-person healing.*”