



Hey there!

Thanks for listening to my How to Find Your First 10 Clients episode, which is part of the [How to School for Health Coaches podcast](#). I'm so excited for you to try this method!

Here's the language I used on the podcast, and remember to personalize it and make it sound like you. All sections in **orange text** need to be updated with your details.

### **Sample Email Invitation Text:**

Hey there, friend! It's been so long since we've chatted, how are things? Everyone I know has had a lot going on this year, so I hope you are doing well.

I wanted to let you know some exciting news - I've just completed my health coaching certification and I'm taking my first round of clients! My focus is working with people who want : *XYZ - insert whatever it is you're helping people with. You want to keep this clear and concise - don't overthink it.*

### **Examples:**

- I'm working with people who want to start eating more whole foods
- I love working with people who need help getting better sleep
- My specialty is helping people move to a plant-based diet

Do you know anyone who might be interested in working with me? I'm offering a special introductory pricing, and I'd love to fill my coaching calendar in the next few weeks. If this is something you might be interested in, I would love the opportunity to talk with you about it, too!

You can reach me via this email address or via phone at **insert your phone number**.

Looking forward to connecting with you soon!

Your Name