



Mind Body Education

Holistic Success Hub - Resources

LinkedIn Article Template for Coaches & Holistic Therapists

Purpose: To educate, inspire, and connect with your professional audience by showcasing your expertise and approach, while gently encouraging new client engagement.

Title Options (Choose One or Adapt):

- "Why [Problem Your Clients Face] Doesn't Have to Be Your Story Anymore"
 - "How Holistic Coaching Transformed My Life – And How It Can Transform Yours"
 - "3 Simple Ways to Start Healing From [Emotional/Physical Challenge]"
 - "From Burnout to Balance: A Holistic Approach That Works"
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Article Structure:

1. Hook / Opening Paragraph

Open with a personal story, relatable question, or surprising statistic.

Example:

"I used to think burnout was just part of life. I wore it like a badge of honour—until my body told me otherwise."

2. Introduce the Problem

Briefly describe the common challenge your ideal client faces.

Example:

So many of my clients arrive feeling exhausted, disconnected, and unsure how to shift out of survival mode. They know they need change, but don't know where to begin.

3. Offer Insight or Value

Share 2–3 practical tips, mindset shifts, or holistic strategies you teach. Use short subheadings or bullet points for clarity.

Example:

1. Start with Self-Compassion

Instead of pushing harder, begin by listening to your body. Rest is not laziness—it's medicine.

2. Reconnect Through Rituals

Small, intentional habits like morning journaling or breathwork can create powerful shifts.

3. Seek Aligned Support

You don't have to do it alone. A coach or therapist can guide you back to yourself.

4. Introduce Your Offer (Soft Call to Action)

Position your service as a natural next step without a hard sell.

Example:

If this resonates with you, you're not alone—and you don't have to navigate it all by yourself. I offer [coaching sessions / workshops / programs] designed to support your holistic healing and growth. Feel free to connect or send me a message to learn more.

5. Close with Encouragement or Reflection

Leave your reader inspired and empowered.

Example:

Healing is a journey, not a destination. Wherever you are on the path, you're already moving forward. Trust that.

 **Tips for Success:**

- Add a professional photo or client transformation image (with permission)
- Use 2–3 relevant hashtags like #HolisticTherapist #WellbeingCoach #BurnoutRecovery
- Engage with comments and messages promptly