

HEALTH & Wellness

Your Guide to Better Living

Wellness is more than just physical, coaches say

**By Joe Ritacco, Special Sections
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(The Following is an excerpt)**

Verena Visser Aibel of Vibrant Visions International in Hackensack put her coaching philosophy into practice in 2001 after completing extensive training at Coach University, an organization created to share core coaching beliefs and practices with its students. Visser Aibel completed 200 hours of training and created a brand of guidance that helps clients grow at a personal and spiritual level. She works with her clients for no less than a year so that a bond can be established and greater depths can be reached.

"It doesn't matter what someone comes to me with," she said, "we work on it all. Problems in somebody's personal life bleed into their professional life. Clarity in one usually brings clarity in the other." Visser Aibel emphasizes that wellness coaching should go beyond therapy. People, she says, can have psychological clarity and still be in need of physical, emotional or spiritual guidance.

She preaches to her clients the importance of boundaries and understanding how much of themselves they can give. She warns them against trying to be all things to all people and advises them to gain a better understanding of what they want and need.



Gayle Gruenberg, left, owner of Let's Get Organized in Park Ridge, initially sought guidance from Verena Visser Aibel, a Hackensack-based wellness coach, regarding business decision-making. The depth that their relationship has reached over the past two years, Gruenberg said, is beyond anything she could've expected. "I'm

grateful for her every single day," she said.

"It's not our place to tell people what to do," she said, "we just guide them." One client that Visser Aibel has 'guided' for more than two years is Gayle Gruenberg, owner of Let's Get Organized in Park Ridge. Her business offers professional organizing and lifestyle

management. The two were introduced at an event for the New Jersey Association of Women Business Owners, and Gruenberg decided to take the initiative.

"I wanted to feel like I deserved to be successful in business," she said. "I needed a coach."

The pair worked together on several fronts, including developing strategies to help Gruenberg overcome her shyness in order to enhance her networking capabilities.

From there, Visser Aibel assisted her in developing a plan to grow her business in 2009 by stressing time management. The two analyzed Gruenberg's schedule from the year before and decided what things should stay, what should go and what should be handled differently. A budget was created to fit the new plan and specific goals were set. The plan, said Gruenberg, has been successful thus far.

"I'm up to 2-3 clients per week," she said, "which is where I want to be."

NOTE: This is an excerpt of an article that reached approx. 287,000 households in northern New Jersey.