



Intrinsic Coach®

Interview

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Intrinsic Coaching® have real
techniques...and both are
nothing without a
spirit of service.”

- Dr. Linda Vorzimer



Dr. Linda Vorzimer has been a Chiropractor for almost 30 years, with 16 of those years in private practice. Currently, Linda works for Dr. Patrick Gentempo at Creating Wellness Alliance (www.creatingwellness.com) where she is a Client Relations Manager. At CWA for the past two years, Linda's main job is coaching chiropractors and their wellness coaches.

Jodi Sivon



M.Ed. in Community Health, BA in Exercise Physiology, CHES, and certified by ACSM, ACE, and through the Cooper Institute, is an Intrinsic Coach® Mentor for Totally Coached, Inc. Currently working for Totally Coached, Inc., Jodi's former position was Manager of Health & Wellness for Cuyahoga Community College's Metropolitan Campus. As Intrinsic Coach® Mentor, Ms. Sivon trains new coaches in the Intrinsic Coaching® methodology. As Manager of H&W for Cuyahoga Community College, Ms. Sivon managed the campus H&W Center, designed, promoted, and implemented all campus wellness programs, and served as a resource and coach for healthy lifestyle choices for over 450 full-time employees and 6,000 students.

Q What would you want Chiropractors to know about learning Intrinsic Coaching®? What did learning Intrinsic Coaching® give you as a Chiropractor that you didn't have before?

A The beauty of Intrinsic Coaching® is that it is coaching from the inside-out! Just like chiropractic is based on the fact that healing ultimately comes from the inside-out, so does a person's new thinking about themselves and their life when they are coached by one who practices Intrinsic Coaching®.

Learning the Intrinsic Coaching® methodology has given me is a fresh look at what it means to be a coach. Intrinsic Coaching® has also given me the knowledge and techniques to ask the right questions and to help take someone's thinking to a new level rather than dumping masses of new information on someone and just hoping they will put it into action.

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Q Would you say that learning Intrinsic Coaching® expands your capabilities as a Chiropractor? If so, how?

A Absolutely! Because chiropractors see patients on a very regular basis, especially at the beginning of care, we build up long term relationships with those people and quite often entire families. Knowing the philosophy and techniques behind Intrinsic Coaching® allows a chiropractor deeper knowledge of the patients' needs and wants. Rather than "managing" the patients' care, which often times can get stressful and feel like hard work, the patient and doctor are working together to create his or her best treatment plan.

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Q Can you tell us a little about yourself and the path that led you to being a chiropractor?

A I grew up in Pittsburgh, and received a B.S in English education in 1971, from Penn State University. At that time teaching jobs were very scarce and my husband at the time was taking pre-

requisites for chiropractic school and I got excited about it too. Luckily I had most of the science requirements that I needed, so he and I went down to Spartanburg, SC to Sherman College of Chiropractic. Both my husband and I started to look at natural health first via natural foods and a change in our diets. That led us to look at the body a whole, to be taken care of and not abused by the food that we eat.

I was in private practice for 16 years in Louisville CO, just outside of Boulder. After all those years I wanted a change, got divorced, and my son went away to college in NYC, where I moved to in 2002. By then I was working for a communications company, teaching public speaking skills to health professionals all over the world. Two years later I was working for Dr. Patrick Gentempo at Creating Wellness Alliance, in Mahwah, NJ.

Q What do you do at Creating Wellness Alliance?

A Our parent company is Chiropractic Leadership Alliance (CLA). We sell the Insight Subluxation Station that helps the chiropractor analyze what is going on with the spinal structure and nervous system. Our other, newer company is Creating Wellness Alliance (CWA), of which I am client relations manager. We sell a very unique and complete “lifestyle wellness” program to our CLA doctors to become Creating Wellness Centers.

My job here is to help train these doctors at our monthly implementation program, to answer the myriad of questions and concerns, to coach the doctors and their coaches in the use of this system, and to help the doctors and their coaches be successful in this new venture in their offices. Because of my teaching and communications background, coupled with my chiropractic experience, CWA feels like the perfect place for me.

Q Now that you’ve learned the Intrinsic Coaching® methodology, what about it do you think would be of particular interest to Chiropractors?

A Intrinsic Coaching® keys in on the importance of listening, but not only focused listening, but listening with a “spirit of service”. There is nothing more important than a doctor listening in that particular way. Another important technique of

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Q Is there anything in Intrinsic Coaching® that would be of particular interest to the patients of Chiropractors? For example, what benefits would a patient look forward to when his or her Chiropractor is also an Intrinsic Coach®?

A With a chiropractor who is also an Intrinsic Coach®, patients would have a “partner” in their chiropractic care, not simply an “expert” who just tells them what to do and fills them with information. The new wave of communications is not only telling, but working together to create a health plan.

Q Is there a resonance between chiropractic care and the Intrinsic Coaching® methodology?

A Yes, because Intrinsic Coaching® is based first and foremost on a philosophy that people are whole, capable, and complete in themselves, and know best what to do with their lives, given the chance to explore what it is they really want in their lives. Chiropractic is also based on the philosophy that people are whole and complete, and that their bodies have the capability to heal from within by having a good nerve supply. Both chiropractic and Intrinsic Coaching® have real techniques to accomplish this, and both are nothing without a spirit of service.

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Q Can you tell us a little more about the chiropractors you serve? What are some of the needs you fill and what are some of the results you experience?

A Our Creating Wellness Alliance doctors are those who want to introduce the next level of chiropractic health care. They want to correct spinal misalignments (subluxations) but they also want to introduce and educate their patient to the fact that a poor lifestyle can also contribute to their health and spinal issues. Their patients who want a paradigm shift in their health and to have lifestyle wellness now have a program to do so.

Because I am both a chiropractor, coach, and trainer, I am in a unique position to help the doctors really be successful in the implementation of what is, basically, a whole new educational business into their already existing systems. I personally speak to just about all of our Creating Wellness offices, of which there are about 200 now, at some time or another.

I love to find out what they need, how I can help them, and also how I can troubleshoot for them. It is very rewarding and interesting work. Here at Creating Wellness Alliance, I have been able to merge all my skills for the first time in my life, which is truly satisfying.

Q Are there any personal benefits of learning Intrinsic Coaching® that you'd want to share?

A The questioning techniques I learned throughout the Intrinsic Coach® Development Series have helped me create better and deeper relationships with my clients and also my family. I also have learned to be much more compassionate towards clients, knowing that changing their lives, either physically or emotionally, can be a long journey with many ups and downs, and this reminder has helped me be a better coach and chiropractor by having more patience.

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Q The founder of Intrinsic Coaching®, Christina Marshall, says its practice creates healthier lives and also will create a healthier world. Do you have any thoughts about the global implications of people learning Intrinsic Coaching®?

A Any system that is based more on what comes from the inside-out, rather than the outside in seems to me to create healthier lives and then, of course, a healthier world. If more professionals learned Intrinsic Coaching® there would be less telling people what to do and more asking them “what do you need, and what do you want”. Only this question steers people toward their own happiness.

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Q Is there anything else you would like to share about learning Intrinsic Coaching®?

A Simply that we have to meet people where ever they are in their journey of life and health. The beauty of Intrinsic Coaching® is that it provides coaching techniques and a way of working with people that allows their journey to be gentler and easier and more meaningful.

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Who is Totally Coached, Inc.?

Totally Coached, Inc. is a Scottsdale, AZ based company that founded the proprietary and uniquely effective Intrinsic Coaching® methodology. Reaching internationally, the Intrinsic Coaching® methodology enables “Thinking better. Together.™” for benefits that extend across the workplace and beyond the organization’s walls to create healthier lives, healthier organizations, and a healthier world.

To be an Intrinsic Coach® like Dr. Linda Vorzimer, contact 480-515-5220
or totallycoached@totallycoached.com.

Make a better life.
Live a better world.™