



IM WELLNESS

Internal Medicine Comprehensive Weight Management

Janessa Rauch Professional Bio:

Janessa Rauch, RN, BScN earned her degree in Nursing from Saint Francis Xavier University in 2007 and is currently completing her Masters in Nursing at the University of Calgary focusing on the self-care practices of pediatric oncology nurses.

She recently completed an Integrative Nurse Coaching Program with The Nurse Coach Collective and feels passionately that nurses have the ability to challenge the current state of our healthcare system. She believes wholeheartedly that Nurse Coaching encourages patients to become proactive rather than reactive when it comes to a healthy lifestyle.

Janessa's nursing experience has ranged from a decade in pediatric oncology and cancer camp nursing, child and adolescent mental health, corporate wellness clinics, and as a sessional instructor with the University of Calgary.

In 2017 she created her own practice called The Nurse Coach. The Nurse Coach was born out of her passion for wanting to challenge how nurses show up for both themselves and their clients within our overextended healthcare system. Much of the work she does focuses nurses who are experiencing burnout and unsure if they want to remain in the profession. She found as nurses (and humans) we are told we need to make time for self-care, and so often that message gets lost in translation. Over time she has refined her personal self-care practices which has resulted in an online course called "Self-Care CPR" and also leads group facilitations and workshops on self-care for workplace wellness retreats.

Janessa also works as a Nurse Health Coach with clients who have been diagnosed with a lifestyle related chronic illness such as obesity, type 2 diabetes, and hypertension. As a Nurse Health Coach she is afforded the ability to spend time co-creating a lifestyle that meet the needs and goals of her clients, which she truly feels is what she has been called to do as a nurse.

Janessa Rauch
The Nurse Coach
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