

Post-Heart Surgery Health and Wellness Coaching Program

Navigating the Unknowns and Uncertainties of Post-Heart Surgery Life

A six-week, individual, online coaching program designed for pre- and post-heart surgery patients and their caregivers.

This program will help you:

- Reflect on what you will and have experienced
- Accept the reality of where you are
- Clarify what is most important to you
- Explore where you would like to be
- Overcome the fears and doubts that hold you back
- Take action toward your goals



David Rude is a Certified Professional Life Coach and Life Strategist and Certified Professional Equine-Assisted Coach. Having had an open heart surgery experience himself, David understands first-hand what you may be going through. There are some proven strategies to help you improve how you feel during your recovery. Along with the health recommendations of your doctor, David can help navigate and transport you to a positive journey of healing, and growth.

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