

WELLNESS COACHING AT MU



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WHAT IS WELLNESS COACHING?

Wellness Coaching supports students in activating internal strengths and external resources to make sustainable and healthy lifestyle behavior changes. It is a client-centered approach to help set goals, engage in self discovery, and increase accountability. **Wellness Coaching is NOT mental health counseling or therapy.**

WHAT IS A HEALTH & WELLNESS COACH?

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A Wellness Coach is a free, non-judgmental collaborator who can help you focus on what is within your control while leaning into your strengths, skill set, and values.

Using a strengths-based and non-judgmental approach, wellness coaches assist students in pursuing goals related to academic/occupational, physical, social, emotional, relational, or spiritual wellness.

WORK WITH A HEALTH & WELLNESS COACH TO:

- Develop a personalized plan for your goals to enhance your overall wellness.
- Gain awareness of your strengths, skill set, and values.
- Receive support and accountability.
- Build lasting skills to maintain your desired behavior change.

WHAT DOES WELLNESS COACHING LOOK LIKE?

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We typically offer four to six meetings at 30 minutes to one hour each, moving to monthly meetings or phone/email check-ins during the goal maintenance portion of coaching.



HOW TO SCHEDULE AN APPOINTMENT?

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It is simple! Fill out this [MSFORM](#) with your personal information and a short questionnaire indicating why you would like to work on and a wellness coach will reach out to set up your initial appointment. The initial appointment usually lasts one hour.

