



Wellness Coaching at HEALTH *Plus*

1. What is wellness coaching?

First, think of the definition of the word “wellness”. Wellness is a healthy balance of the mind, body, and spirit. You can reach this balance by making choices to take action to live a healthier lifestyle. Next, think of the definition of “coach”. What is a “coach” in this context? A coach is someone who supports and encourages people as they identify and follow through on their goals. When you combine these two definitions, you have an idea of what wellness coaching is.

2. What happens in a wellness coaching session?

A coaching session begins with a confidential conversation in an atmosphere of trust and respect. The coach asks questions that can help you explore and identify your wellness goal. Through these series of questions, you can focus on your own motivation to make the change you want to see in your life. You set the goal and identify the steps you want to take to reach that goal.

3. Who is eligible?

Full-time, benefits eligible faculty and staff are eligible for Wellness Coaching.

4. What is the cost?

Wellness coaching at HEALTH *Plus* is offered at no charge to full-time Vanderbilt faculty and staff. Just call 343-8943 to make an appointment.

5. Who are the wellness coaches at HEALTH *Plus*?

HEALTH *Plus* has three trained wellness coaches. They are Lisa Connor, Stacey Kendrick, and Madeline Garr. Each coach is a certified Intrinsic Coach and has had further training in Motivational Interviewing.

6. How long does this session last?

A typical coaching session lasts about 30 minutes.

7. What about further contact with the coach?

Further contact is up to you. Generally, people like the coach to be in contact in an ongoing manner for a period of time after the first coaching session. This provides follow-up, support, and encouragement.

8. How long will this further contact last?

Because change is a process, six months is the generally accepted period of time for a temporary change to become a permanent lifestyle choice. The coaches at HEALTH Plus will provide six months of individual encouragement and support as you work toward your wellness goal.