Wellness Coaching & One-on-One Services

What is Wellness Coaching?

At Student Wellness, our focus is helping students excel academically and socially as they face many opportunities and challenges.

If you have a goal you are working towards or any lifestyle change that you are interested in developing (managing stress, being more active, eating healthier, finding more overall balance in life - just to name a few), coaching can be a catalyst for implementing that change you seek! You are the expert in your own life and know where you want to go, but maybe you are feeling stuck or aren't sure how to get there? that is where a coach can help!

Wellness coaching is a collaborative partnership between a student and coach to help you assess what is currently working for you, what may not be working as well and to clearly identify your life's vision so you can begin taking purposeful action steps towards it! Coaches are trained in Integrative Health Coaching - a holistic, evidence-based approach centered around creating action plans and providing ongoing support to get you the results you want. We utilize strategies like motivational interviewing and take a holistic approach to health using our eight (8) dimensions of wellness [1] framework.

Session Characteristics:

- Meet 1 on 1 with a professional coach as often as you request (usually weekly or bi-weekly)
- Sessions last 45-60 minutes and are private and virtual
- Coaching partnerships are long-term and can last anywhere from 3 to 6 months (or beyond)
- Conversations are student-centered and judgment-free, prioritizing your current goals and lifestyle
- Areas of focus can include, but aren't limited to: stress management, self-care practices, sleep hygiene or refining your life vision and values.
• After a session, you will feel empowered, accountable and motivated!

<table>
<thead>
<tr>
<th>How Integrative Health and Wellness Coaching can work with:</th>
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<tbody>
<tr>
<td>Counseling</td>
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<tr>
<td>• Your counselor can help you identify key traumatic events, life experiences and mental health conditions - for example, a counselor can identify the presence of an anxiety disorder</td>
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<td>• A Coach can help you implement strategies to manage symptoms of anxiety, modify behaviors and daily routines to manage everyday situations and identify additional supports</td>
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<td>Psychiatric Services</td>
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<td>• Your psychiatric practitioner can help identify mental health concerns and provide direction around medication management</td>
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<td>• A Coach can help you with adherence to medication schedules, symptom management and behavior modification to respond to situations in a healthier way</td>
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<tr>
<td>Medical Services</td>
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<td>• Your medical provider can identify health and medical concerns that are impacting you, diagnose acute or chronic conditions and identify a treatment plan</td>
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<td>• A Coach can help you adhere to that treatment plan through behavior modification to a healthier lifestyle. For example; adding a regular exercise routine, healthy eating, sleep hygiene or other forms of symptom management</td>
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How do I get started?

Wellness coaching is a service offered by Student Wellness at no-cost to students! Fill out the Wellness Coaching Interest Form [2] and you will be connected with a coach of best fit within the next week.

Our Wellness Coaches

• Jen Grubbs [3]
• Lisa Barnes [4]
• Mary Perkins-England [5]
• Dr. Diego Salinas, MD [6]
• Demond Timberlake [7]
• Sheri Davidson [8]
For more information about Wellness Coaching, please check out the FAQs document below!

All coaching sessions are private. No report will be made to other campus departments or officials or your parents or family without your formal written consent. With this said, there are a few exceptions due to staff being Responsible Employees. If one talks about hurting themselves and/or someone else, by law we must share that with Counseling and Psychological Services. Additionally, because we care about your safety, if you share specific details regarding an incident of harassment, discrimination, assault, stalking, sexual violence, and/or interpersonal violence, that happened by or to Carolina students, as employees of Student Wellness, we are required to share that information with UNC’s Student Complaint Coordinator.

Source URL: https://studentwellness.unc.edu/services/wellness-coaching-one-one-services

Links