Wellness Coaching Interest Form

Thank you for your interest in Wellness Coaching! We are excited to connect you with a professional Coach who will support and guide you as you work towards your goals!

This is an Emergency or I Need Counseling... Where Do I Go?

Please call 911 [1] if you are experiencing an emergency and need immediate attention. For Counseling and Psychological Services, please call CAPS 24/7: 919-966-3658 [2].


To get us started, will you please provide the following information:

Name * 
PID * 
Onyen * 
Email address * 
Cell Phone *

What draws you to explore coaching at this time? What are you hoping to achieve from Wellness Coaching?

It can take up to a week to get you connected to a coach and schedule your first session. Do you feel confident that you can manage for the next 5 to 7 days, while we pair you up with a coach?
Age

How do you describe your racial/ethnic identity (select all that apply)?

- African-American or Black
- American Indian, Alaska Native, Indigenous or First Nations
- Arab or Middle Eastern
- Asian or Asian American
- Hispanic or Latinx
- Native Hawaiian or Pacific Islander
- White, Caucasian, or European American
- Self-identify
- Prefer not to answer

Race/Ethnicity Self-identification

How do you describe your gender identity (select all that apply)?

- Agender
- Genderfluid
- Genderqueer
- Intersex
- Man or male
- Non-binary
- Transman/Transmasculine
- Transwoman/Transfeminine
- Two-Spirit
Woman or female

Self-Identify

Prefer Not to Answer

Gender Identity Self-identification

How do you describe your sexual identity (select all that apply)

Asexual/Ace Spectrum

Bisexual

Fluid

Gay

Heterosexual

Lesbian

Pansexual

Queer

Questioning

Same Gender Loving

Self-Identify

Prefer not to answer

Sexual Identity Self-identification

I am

An Undergraduate Student

A Graduate/Professional Student

Faculty or Staff

Other

Have you already identified one of our Coaches that you would like to work with? If so, please list your top 2 or 3 preferences - sometimes schedules are full, but we will do our best to match you with your requested coach.
I understand coaching and counseling are different services and coaching is designed for goal-based behavior change. I have read the Wellness coaching FAQs document.