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?
Yes
?
No
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.
Consent *
?
I understand coaching and counseling are different services and coaching is designed for goal-based behavior change. I have read the Wellness coaching FAQs [5] document.

Submit

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

Links
[1] tel:911