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.
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.