



# Wellbeing Coaching Info

## What is Wellbeing Coaching?

Wellbeing Coaching, an evidence-based practice, is a partnership between a student and a staff facilitator, designed to help a student self-reflect on their wellbeing. We utilize strategies, like motivational interviewing, to help you determine your focus, using a holistic approach through our eight (8) dimensions of wellness framework.

### Session Characteristics:

- Individual 1:1
- Lasting approximately 45 minutes
- Student-centered conversation
- Support personal growth
- Goal-directed behavioral change
- Private, not confidential. (*Responsible Employees*)

## What is the role of a Wellbeing Coach?

Wellbeing Coaches support and empower you to utilize your strengths, skills, and abilities to navigate life's challenges. They keep you accountable to working towards personal goals that are meaningful to you. Wellbeing Coaches do not provide counseling or therapy.

## How is Wellbeing Coaching different from Counseling?

Wellbeing Coaching	Counseling
An evidenced-based practice that utilizes practical skills offered for students to support individual self-determination. We are Responsible Employees, for more information on what this means, please visit: <a href="https://safe.unc.edu/learn-more/responsible-employees/">https://safe.unc.edu/learn-more/responsible-employees/</a>	A service provided by CAPS that utilizes therapeutic modalities to offer confidential support and treatment for mental health needs to college students.
Supports students to enhance their holistic wellbeing through utilizing strengths and goal-directed behavior change. These are private, not confidential.	CAPS staff are licensed mental health providers who are committed to being a safe, confidential, and nonjudgmental space.
Empowers clients through communication and motivation strategies to promote behavior change for a healthier lifestyle and quality of life that is meaningful, self-sustaining, health-promoting, and value-driven	CAPS staff work with student through a variety of options to cultivate emotional wellbeing by addressing interpersonal concerns, anxiety, depress, psychiatric medication management, and more.



## Who does Wellbeing Coaching at UNC Student Wellness?

We have a variety of staff who are available to meet with any student from a general wellbeing perspective providing inclusive coaching; however, we have listed specialty areas under specific staff in case this may assist you in making an informed choice to best meet your needs.

Shahnaz Khawajah ([shahnaz@email.unc.edu](mailto:shahnaz@email.unc.edu))  
*Graduate & Professional Students*  
*International Students*  
*Resiliency*

Dr. Charla Blumell ([cblumell@unc.edu](mailto:cblumell@unc.edu))  
*LGBTQIA Community*  
*General Wellbeing*

Bryce Mcculloch ([bryce@unc.edu](mailto:bryce@unc.edu))  
*Recovery Community*  
*Substance Use*

Alicia Freeman ([afreeman@unc.edu](mailto:afreeman@unc.edu))  
*Mental Health*  
*Substance Prevention*

Dr. DeVetta Holman-Copeland  
([dholman@email.unc.edu](mailto:dholman@email.unc.edu))  
*First-Generation Community*  
*Belonging and Resiliency*

Caress Roach ([caress@email.unc.edu](mailto:caress@email.unc.edu))  
*SHARE Consults (Sexual Health)*

Viviane Linos ([viviane@email.unc.edu](mailto:viviane@email.unc.edu))  
*SHARE Consults (Relationship Education)*

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

Please call 911 if you are experiencing an emergency and need immediate attention.

For Counseling and Psychological Services, please call CAPS 24/7 line 919-966-3658.

National Suicide Prevention Lifeline: please call 1-800-273-8255

Chat: <https://suicidepreventionlifeline.org/chat/>