



Wellness Coaching Info & FAQs

What is Wellness Coaching?

Wellness coaching is a collaborative partnership between a student and a professional coach to help you assess what is currently working for you, what may not be working as well, what you value and to clearly identify your life's vision so you can begin taking purposeful action steps towards achieving 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 dimensions of wellness](#) framework.

Why would I want coaching?

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!

Coaches can support you in a variety of areas:

- Defining/refining your life vision and goals
- Goal Setting
- Anxiety/Stress Management
- Focus/Resiliency
- Sleep Hygiene
- Self Care
- Lifestyle Management
- Improving Self-confidence
- Building healthy relationships
- Almost any non-clinical self-improvement and growth topics

What to Expect / "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)
- Student-centered and judgment-free conversation, prioritizing your current goals and lifestyle
- After a session, you will feel empowered, accountable and motivated!

How do I get started?

Well-being coaching is a free service offered by Student Wellness. Fill out the form below and you will be connected with a coach in the next week! After you submit your responses, our office will contact you with a couple more forms to get you connected to a coach of best fit!

What is the role/scope of practice of a Wellness coach?

Wellness coaches will first help you assess your overall well-being, and then support you as you develop action plans and create behavior changes to sustain the healthy lifestyle you desire. While wellness coaches do not diagnose conditions, prescribe treatments, or provide psychological therapeutic interventions, they do empower you to utilize your strengths, skills and abilities to navigate life's challenges. To do this, they may provide expert guidance in areas in which they hold active, nationally recognized credentials, and may offer resources from nationally recognized authorities.

How is Wellness Coaching different from Counseling?

Wellness Coaching	Counseling
An evidence-based practice that utilizes practical skills and is offered to support students individual goals and promote self-determination. We are Responsible Employees, for more information on what this means, visit: https://eoc.unc.edu/what-we-do/address-misconduct/responsible-employees/	A service provided by CAPS that utilizes therapeutic modalities to offer confidential support and treatment for student mental health needs.
Supports students to enhance their holistic well-being through identification of their values, strengths and goal-directed behavior change. Coaching sessions are private, not confidential. Coaches are required to disclose reports of sexual misconduct or indications of harming self/others.	CAPS staff are licensed mental health providers who are committed to being a safe, confidential and nonjudgmental space.
Empowers clients through thoughtful communication and motivation strategies to promote behavior changes to develop a healthier and more meaningful lifestyle.	CAPS staff work with student through a variety of options to cultivate emotional well-being by addressing interpersonal concerns, anxiety, depression, psychiatric medication management and more.

**Coaching and counseling services can be used in conjunction and certain situations may benefit from both services. Wellness coaches can help facilitate lifestyle changes for symptom management related to mental health concerns.*

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/>