



CARE BEYOND THE WALLS

Health Coaching

A Health Coach is your partner in reaching optimal physical and mental health. They are trained to:

- Develop and implement personalized wellness plans
- Accept and meet you where you are
- Define your motivation for wellness
- Address the connection between mental and physical health
- Help set realistic goals
- Teach you to overcome obstacles
- Help you build a support team
- Inspire and challenge you to push yourself

Health Coaching Process

First Session (60-90 Minutes): Identify your priorities and develop a personal wellness plan.

Subsequent Sessions (30-40 Minutes): Review progress toward your vision once every week, month, or quarter.

After Three Months: Explore new goals after significant progress!

What does wellness look like for you?

- Fit and strong
- At your ideal weight
- Healthy eating
- High energy
- Calm and balanced under stress
- Positive and optimistic state of mind

All information discussed with your health coach will remain private. No information will be shared with your employer.