

## Health Coaching: Now Available to UVM Employees

Are you ready to make a lasting change in your health and wellbeing? Consider working with an integrative health and wellness coach trainee to find strategies for improving your physical fitness, nutrition, mind-body health, relationships, sleep, work-life balance, or personal development.

**Who can access this resource?** UVM employees, family members and community members are invited to receive free health coaching from UVM Continuing & Distance Education students preparing to sit for the National Board for Health & Wellness Coaching certification exam at UVM. Coaches in preparation must complete 50 coaching sessions, and they are providing these free sessions to UVM employees and community members. The benefits of utilizing this resource are two-fold: Discover your best self and help a health coaching student prepare for certification.

**What do health coaches do?** Health and wellness coaches are experts in the behavioral change process. They will guide you to establish goals and make the healthy lifestyle changes that matter to you. A health coach can inspire you to go beyond what you would do alone to make a lasting change. Health and Wellness Coaches do not tell you what to do; they support you with the changes that you want to make. Coaches guide clients to establish goals and make lifestyle changes for improving physical fitness, nutrition, mind-body health, sleep, work-life balance, or personal development. They use motivational interviewing, visioning, and goal-setting strategies to help clients self-determine priorities, action steps and new behaviors. Although some coaches have specialties (listed on their profiles), they do not prescribe exercise or nutrition plans.

**What makes it integrative?** Integrative health involves a blend of traditional medical care and complimentary care to provide the best individualized whole-person treatment. Taking care of the whole person involves many different aspects of health including food and nourishment, exercise, stress management, work-life balance, healthy environment, sleep, and mind-body connection. Learn more about the [Integrative Health and Wellness Coaching Certificate](#) program trainees accomplish.



**How do I connect with a health coach?** All UVM Health Coach Trainees are listed on the [Integrative Practitioner Network](#). You can search for other providers as well. You can filter your searches, then view the practitioner details. Search for Health Coach Trainee and explore their bios, find the one you would like to work with and send them an email, their preferred contact email is listed on the bio page. Currently all appointments with UVM Health Coach Trainees are virtual, utilizing a variety of platforms and methods that meet the client's needs. You and the Trainee can establish a schedule of appointments, determine frequency and length of time. Typically, 6 sessions are standard, with each being about 20-30 minutes each.

[Find a health and wellness coach trainee](#) and email [uvmihinfo@med.uvm.edu](mailto:uvmihinfo@med.uvm.edu) to connect