

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.

UVM employees 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. These sessions are not provided by UVM, but by students on their own to meet the coaching session requirement for their national certification. UVM does not supervise the students or participate in the coaching sessions in any way.

Meet our student [health coach trainees](http://go.uvm.edu/uvmcoach) on the UVM Integrative Health Practitioner Network: <http://go.uvm.edu/uvmcoach>

Once you have chosen your coach, feel free to email them directly to schedule your visit.

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; instead they support you in the changes that you want to make.

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.



**Discover your best self and help a health coaching student prepare for certification.
[Find a health and wellness coach trainee](http://go.uvm.edu/uvmcoach) at today!**