



# WELLNESS COACHING

Sometimes things in life get in the way of taking care of ourselves including prioritizing our health and wellness. We understand that students frequently go through life transition which may require a little extra support.

Wellness Coaching is an individualized process promoting wellness by empowering students to enhance their well-being. We are here to help.



Coaching is a free, short-term meetings with a private resource for currently enrolled students. Sessions range from 1 hour to 30 minutes.

## **WELLNESS COACHING MAY HELP YOU WITH:**

- Managing stress
- Improving self-confidence
- Life transitions
- Relationship building
- Personal health (nutrition, exercise)
- Reducing substance use (alcohol, tobacco, marijuana)

## **POTENTIAL OUTCOMES:**

- Increase self-awareness
- Acquisition of new skills
- Attainment of goals
- Sustainable behavior change
- Increase life satisfaction
- Becoming one's best self

## **GETTING STARTED**

Email [wellness@wcupa.edu](mailto:wellness@wcupa.edu) for more information or complete the sign-up form using the QR code below.

