

Wellness Coaching



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WELLNESS
CENTER



Are you ready to **change** your health and well-being? So are we.

What is a Wellness Coach?

A Wellness Coach is a certified coaching professional who specializes in changing behaviors. Coaching is a powerful relationship that enables you to learn more about yourself, and to set and achieve your wellness goals. Your Wellness Coach can help you:

- Stop smoking
- Lose weight
- Reduce stress
- Balance work and life
- Be happier and healthier



A Wellness Coach is not a personal trainer, and cannot provide medical advice; rather, the Wellness Coach can help you identify issues and make positive changes in all aspects of your health and well-being.



What Happens in Coaching Sessions?

During your initial session, your Wellness Coach will help you:

- Assess your readiness for behavior change
- Identify your motivators and strengths
- Identify potential barriers
- Create your individual wellness plan
- Set strategies and goals to achieve your plan.



During follow-up sessions, your Wellness Coach will help you measure your progress, discuss your challenges, and celebrate your successes.

How often do I meet with my Wellness Coach?

Clients typically meet with their coach weekly or bi-weekly. Frequency is flexible and may be adjusted depending on your needs and the coach's availability.

How long does coaching last?

Sessions are generally 30 minutes, though the initial session may be longer. You can expect to meet with your coach for approximately three to six months, depending the lifestyle changes desired.



Is Wellness Coaching confidential?

Yes. The Wellness Coach is an employee of Take Care Health Systems — a division of Walgreens. Notre Dame will not receive information about specific clients or their participation; only aggregate data (such as total number of clients) is supplied. The Wellness Coach's independent status makes it easier for you to ask questions and discuss sensitive health matters.

Meet Your Wellness Coach

Martha Vanderheyden



Martha holds her bachelor's degree in Exercise Science, Health Promotion and Wellness from Western Michigan University. She is a Certified Intrinsic Coach with over 25 years of health promotion experience.

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