

URWell Student Wellness Coaching FAQs

What is Wellness Coaching?

Wellness coaching is a holistic approach to examining how personal wellness interacts with one's values, goals, and motivations. Wellness coaching could be a good fit if you are considering changes to optimize your personal health and well-being or simply looking to positively shift certain aspects of your life.

Coaching topics include, but are not limited to, sleep, stress, physical health, and nutrition. Wellness coaching could also be a good fit if you are simply feeling stuck and would like to work through barriers to achievement and well-being.

Using one's personal motivations and strengths, wellness coaching supports behavior change through a collaborative, non-judgemental partnership. Our certified wellness coaches work with students to help them set and achieve wellness goals, balance the dimensions of health and wellness in their lives, and learn resilience and coping skills for an overall well life.

What makes coaching different from counseling?

There are many parallels between coaching and counseling that can make it easy to confuse the two services. The chart below describes some of the differences between these two distinctive student services.

Counseling	Coaching
Counseling is a service that supports college students by providing effective treatment for mental health concerns.	Wellness coaching is a service that supports college students by enhancing such as exercise, sleep, nutrition, and stress and behavior changes
Counseling center staff are licensed mental health professionals.	Wellness coaching staff are certified wellness coaches that work in the Student Development division.
Counseling staff collect information about you and your concerns and work with you to decide how to best address them. Counseling staff will work alongside you on your journey toward managing or resolving these concerns.	Coaches believe that you are the expert you need and help you to identify and trust your distinctive voice so that you can make decisions that are most appropriate for your preferred outcomes.
Confidential	Private

How do I get started?

To schedule your wellness coaching session, email [Heather Sadowski](#), Director of Health Promotion.

