



### **Welcome to Wellness Coaching!**

Wellness Coaching is a motivational, team approach between a coach and client to recognize the clients' skills and dreams, focus on life's goals, and to move past challenges that stand in the way of those goals. The goal of wellness coaching is to help you make changes in your life and take control of your health and wellness. The changes you make are totally up to you. The coach will guide you along the way by providing strategies to achieve your goals. After an initial in-person meeting (50-60minutes) wellness coaching can happen via e-mail, over the phone, or continue in-person. Follow-up sessions are approximately 20-30 minutes. This is a free service offered to full-time employees.

Part of this process is completing the intake form prior to your three complimentary coaching sessions. Since wellness is about more than your physical health, these questions probe issues that may be connected across many life areas. This is an opportunity to participate fully in framing your future and to experience how coaching can support you.

Your answers will also assist your wellness coach in working with you during your session, to create maximum value for you. Your information is kept confidential between you and your wellness coach.

First Name \_\_\_\_\_

Last Name \_\_\_\_\_

Email \_\_\_\_\_

Telephone \_\_\_\_\_

Date of Birth \_\_\_\_\_

Occupation \_\_\_\_\_

#### **How would you prefer to meet with your Wellness Coach:**

- In-person
- Email
- Phone

#### **I want to address the following areas with my coach (circle all that apply):**

- Physical Activity
- Weight Management
- General Nutrition
- Health Risks and/or Medical Conditions
- Sleep Quality
- Work and Life Balance
- Stress Management
- Personal Relationships
- Other

**Concerns and Goals: What is your main wellness concern or overall goal?**

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**Do you have any questions? Or is there something else you want your Wellness Coach to know?**

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