

Wellness Coaching: What to Expect

What is Wellness Coaching?

Wellness coaching is an individualized process that empowers students to explore the four s's: *stress, sleep, social support, and substance use*.

Coaching IS: short-term; action-oriented; strengths-focused; a free service for undergraduate and graduate students; private; related to a specific area of health and well-being.



Coaching IS NOT: a substitute for licensed mental health services; diagnosis/treatment; long-term; completely confidential.

Privacy vs. confidentiality: Coaching is a private resource, meaning that information shared will remain private between you and your coach. Coaches are mandatory reporters, required to disclose: sexual misconduct—including sexual assault, dating violence, domestic violence, stalking, sexual abuse, and harassment; concern of safety to yourself or to another person; criminal behavior.



Coaching Quick Facts

- You will have 3 sessions over a 6 week span; the 1st session is 60 minutes and the 2nd and 3rd are 30 minutes, with 2 weeks between each session
- Sessions are available in person in the Office of Wellness Promotion (located in Commonwealth Hall) or via Zoom
- Prior to your first session, you must fill out a pre-assessment, a link you will receive via email; your appointment may be rescheduled if you haven't completed your pre-assessment
- *Note:* coaching may not complete educational requirements received as part of a criminal hearing

What to Expect

- To learn more about yourself and your strengths, and how you can use them to support your well-being journey
- To develop new skills to help you flourish and thrive at WCU and beyond
- To challenge yourself (and be challenged by your coach!) to step outside your comfort zone and push past limits we often set for ourselves
- To invest yourself and your time in order to get out as much as you can from Wellness Coaching
- To have fun!

Questions?

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Request wellness coaching



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