



## Wellness Coaching Frequently Asked Questions

Central Health Improvement Program (CHIP) offers a personalized Wellness Coaching program where CMU faculty/staff are able to meet one-on-one with a Certified Health & Wellness Coach. During these individual sessions, the coach will complete dietary and exercise behavior assessments, individualized goal setting, and plan implementation.

### **Q: What is wellness coaching?**

A: A private conversation to help you achieve goals related to your health. It's that simple.

### **Q: Why would I want to work with a coach?**

A: A Wellness Coach can help with a variety of different health changes, including but not limited to the following: sleep, stress, weight management, exercise, nutrition, life satisfaction and time management relevant to mind and body health. Here are some possible reasons that an individual may choose to work with a Wellness coach:

- Quick fixes don't seem to have lasting effects
- You want to be in control of your own wellness process
- Setting attainable health goals and overcoming obstacles is challenging

A wellness coach specializes in helping people make progress toward long-term health by helping to break down big goals into smaller realistic and attainable steps. As each small step is accomplished, you build momentum toward attaining your ultimate goal. A health coach can keep you on track by helping you to anticipate and deal with barriers. Minor missteps when working toward your goals are completely normal; your wellness coach can keep you on track in the event of an unexpected set-back.

### **Q: Who needs a wellness coach?**

A: Everyone, no matter their current health status, has the desire to feel happy with their body, to have the energy to perform daily tasks and hobbies, and to enjoy an overall feeling of well-being and happiness. Having a partner on the journey to being healthy and well can provide a system of support and advice, where needed.

### **Q: What will happen at a wellness coach session?**

A: The process of the coaching session is based entirely on the goal that you are interested in setting. The wellness coach's priority is to facilitate a discussion to understand the reason that you chose to come to the session, the obstacles that are stopping you from achieving a desired goal, and mapping out a plan to be able to achieve that goal in a healthy way. A wellness coach may ask you to explain your goals, talk about different areas of your life to develop "the big picture", and will guide the conversation to set goals around the desired health changes.

### **Q: What do I need to do to prepare for my coaching session?**

A: Book the appointment and come to the session with a goal in mind. That's about it! Wellness Coaching is not a scripted process with a pre-determined outcome. Each conversation is different and



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the only thing you need to do as a client is prepare to be willing to talk honestly about the obstacles in your life that are keeping you from achieving your health and wellness goals.

### **Q: What can a Wellness Coach help with?**

A: If there is something related to health that is affecting a person's ability to live life as they would like, a wellness coach will be able to work through those obstacles and help in the goal setting process to make the desired changes, no matter the subject. Examples of topics for discussion include but are not limited to:

- Creating sustainable healthy habits and behaviors
- Healthy, balanced plates
- Meal ideas and meal planning
- Foods to boost immunity
- Fuel for optimal brain function/processing
- Healthy sleep routines
- Incorporating physical movement as part of your daily routine
- Managing stress in productive ways
- Rest & Relaxation: Guided meditation and deep breathing exercises
- Managing emotions & the power of positive thinking
- Building healthy relationships
- Making healthy financial decisions
- Job/employment satisfaction

### **Q: How many sessions are necessary?**

A: That's up to you. For some individuals, a series of sessions is helpful to work on their health goals. At the same time, it is definitely not necessary for everyone. At least one follow-up is suggested from the perspective of goal-setting and making progress, but it's completely up to you.

### **Q: What wellness coaching is not?**

A: Although Wellness Coaches are trained to discuss just about every topic related to your health, there are circumstances where seeking help from another qualified professional would be in your best interest. If you are currently working with a doctor, therapist, or any other professional and just need help with reaching the goals you have set with them, we can definitely be there for you. There are times that your needs may be outside of the scope of a Wellness Coach and in that case we may refer you to another professional.

### **Q. Is there a cost?**

A: This is a free service for benefit-eligible faculty and staff.



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**Q: How do I make an appointment?**

A: Give us a call at 989-774-3198 or send an email [chipmail@cmich.edu](mailto:chipmail@cmich.edu) to schedule an appointment. Meetings are held in the Central Health Improvement (CHIP) facility located in the South Grounds Building. Appointments are available on a first-come, first serve basis. Depending on availability, you may be put on a waiting list.

**Q: How can I get more information?**

A: Feel free to contact Tammy Griffin, Manager of Employee Health & Wellness, at 989-774-3198 or [griff1tj@cmich.edu](mailto:griff1tj@cmich.edu)