

Wellness Coaching Interest Form



Please submit completed form to: Tammy Griffin
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Wellness coaching uses a motivational team approach between coach and client to discover and realize the clients' dreams and strengths, to build on small successes and to identify and move past challenges that may be in the way of achieving optimum wellbeing.

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 face-to-face meeting (50-60 minutes) wellness coaching can happen via e-mail, over the phone, or continue face-to-face. Follow-up sessions are approximately 15-30 minutes in length. This is a free service offered to CMU benefit-eligible faculty and staff.

Before your first meeting, please complete and submit this interest form. Relax and take your time: there are no wrong answers here!

Wellness coaching is a private conversation and your personal information will always be protected.

General Information

Name	
Campus ID#	
Campus Address	
Telephone	
E-Mail Address	

Your Goals

How would you prefer to meet with your Wellness Coach?

- In-person
- Email
- Phone

I want to address the following areas with my Wellness Coach (check all that apply):

- Physical activity/exercise
- Weight management
- Healthy eating
- Improve sleep
- Improve health risks or medical conditions
- Reduce stress/build resilience
- Reduce or quit smoking/tobacco use
- Improve work/life balance
- Improve relationships/support

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What is your main wellness concern or overall goal?

Is there something else you want the wellness coach to know prior to getting started?

Do you have any questions?