

## Wellness Coaching FAQs

### Q. What is Wellness Coaching

- A. Wellness coaching offers personalized support and motivational tools to help you develop a behavior plan that fits your needs and lifestyle for the kind of change you want to make.

Coaching takes place in a safe, supportive environment where you will recognize your past successes and identify obstacles that prevent you from making healthy choices now.

During the process, you will identify a behavior that you want to change, set goals, and break your goals into manageable steps.

Your coach will provide support, guidance, and accountability along the way.

### Q. What topics do wellness coaches cover?

A.

- Weight management
- Tobacco Cessation
- Healthy Eating
- Stress Reduction
- Physical Activity

### Q. How many wellness coaching sessions can I sign up for?

- A. You will work with your coach to determine the right number of sessions based on the topic area and your individual goals.

### Q. How long is the first wellness coaching session?

- A. The first session lasts up to 30 minutes. In this session you will:
- Get to know your coach.
  - Decide which health topic you would like to focus on.
  - Assess your readiness to make a change in that area.
  - Choose a small goal or action step to begin.

**Q. How long are the follow-up wellness coaching sessions?**

A. Follow-up coaching sessions are usually 10 to 15 minutes.

**Q. What can I expect during my wellness coaching sessions?**

A.

- A safe, supportive, and nonjudgmental conversation with a trained professional
- Assistance in defining what kind of change you want to make
- An assessment of your readiness to make a change
- Assistance in setting achievable goals
- Help with identifying and dealing with your specific barriers to achieving success
- Encouragement and support along the way
- Information about helpful resources
- Follow-up and accountability

**Q. Who is Eligible?**

A. All employees who qualify for benefits are eligible to participate in health coaching.

**Q. How do I get started with wellness coaching?**

A. Contact Eric Manor, your NACS Wellness Coach via email at [eric.manor@parkview.com](mailto:eric.manor@parkview.com) to schedule your first coaching appointment.