

# HIGH POINT UNIVERSITY HEALTH COACHING

## WHAT IS HEALTH COACHING?

Most people know about the components of a healthy lifestyle, but sometimes the knowledge does not transfer to action. Your health coach will use a multi-tool approach to assist you by exploring, brainstorming and problem-solving in a collaborative, non-judgmental environment. This approach promotes lifelong learning and is designed to sustain behavior change that aligns with your values and enhances your best self.

With each session, your coach will help you develop new skills and tools to navigate the challenges that keep people from experiencing the optimized results that they seek.

## HOW DOES IT WORK?

The coaching process involves the following:

1. During the initial coaching session, you will share information about your experiences, challenges, and successes so that your coach can learn about you and understand who you are and what is important to you.
2. You and your coach commit to a wellness vision and three-month goals, and you will choose to move forward in at least one area of your life. The wellness vision is a realistic, customized statement of where you hope to be in the future as it relates to your health and well-being. You also commit to taking small steps toward reaching these goals from one appointment to the next.
3. In the follow-up appointments, scheduled based on your individual needs, you and your coach will talk through the goals from your last session, and discuss the things you learned about yourself or the process. From there, you will continue working on your goals until you achieve them or begin to focus on another habit.



## MEET YOUR HIGH POINT UNIVERSITY HEALTH COACH

### MELISSA MARION

Melissa serves as the Director of Employee Wellness which oversees the coaching portion of the Employee Wellness Program; she holds a BS in Exercise Science and a MS in Sports Studies from HPU. Additionally, she has over 20 years of experience in the health and wellness industry and is a national-board-certified health and wellness coach (NBC-HWC); she is also active as a certified group fitness instructor and personal trainer.

As a personal trainer, Melissa began to recognize many of her clients were not achieving their greatest success despite consistent workouts and training. It was at that time she learned about coaching and the focus on a more holistic model of health.

She feels that coaching is important because "it allows the client to explore ideas and find a path to success on their wellness journey in a nonjudgmental space. By engaging with a coach, sometimes a person can discover or hear aspects of their well-being that may be trapped in their brain. When someone works with a coach, they create a wellness vision, which is a clear idea of what they hope to accomplish; with the assistance from the coach, the client will work together to turn that vision into a reality."

Take the next step in your wellness journey and schedule your health coaching session by calling:

**336-841-4698**

Or emailing:

[mmarion0@highpoint.edu](mailto:mmarion0@highpoint.edu)

**HIGH POINT UNIVERSITY**  
Employee Wellness