WHAT IS HEALTH COACHING?
Do you have a goal that you want to work towards? Do you want to optimize your well-being? Then health coaching is for you! Many people know how to live a healthy lifestyle, but it can be challenging to transfer the knowledge into action. Health coaching is a multi-tool approach to help you reach your behavior change goals by brainstorming, and problem solving in a collaborative way. This will be taking place in a non-judgmental environment where you are in charge. Your coach will help you develop new skills and tools to navigate the challenges that can keep you from experiencing your best self! I will be your cheerleader, offer support, and provide accountability.

HOW DOES COACHING WORK?
The coaching process involves the following:
1. During the initial coaching session, you will share information about your experiences, challenges, and successes relating to your wellness goal. This is so your coach can learn more about you to understand who you are and what is important to you.

2. You and your health coach will commit to a wellness vision and short-term goals, that you choose. The wellness vision is realistic, customized statement of where you hope to be in the future in relation to your health and well-being. To achieve these goals, you will commit by taking action steps in each coaching session.

3. In the follow-up coaching sessions, scheduled based on your individual needs, you and your coach will talk through the goals and discuss where you are. From there, you will continue to work on your goals until you achieve them or feel ready to begin focusing on other habits.

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.

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.”

To schedule your coaching appointment call (336-841-4698) or email (mmarion@highpoint.edu)!