



Meet Your HPU Coach

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**HIGH POINT
UNIVERSITY**
THE PREMIER LIFE SKILLS UNIVERSITY

Employee Wellness

Unlock Your Potential

With Health Coaching!

What is Health Coaching?

Your health coach will use a multi-tool approach to assist you by exploring, brainstorming, and problem-solving in a collaborative, non-judgemental environment. This approach promotes sustained 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 challenges for the optimized results you seek.

How Does it Work?

- During the initial coaching session, you will share information about your experiences, strengths, and successes so that your coach can learn more about you and what is important to you.
 - You will create your personal wellness vision and set 3-month goals. You will also create weekly goals that are small steps that help you reach your long-term goals and wellness vision.
 - In the following appointments, you and your coach will discuss how things are progressing until you achieve your goal, or decide to focus on another habit.
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