

Free Health & Wellness Coaching Available

Are you interested in help maintaining your health and wellbeing? Consider working with a wellness coach to find strategies for improving your physical wellbeing, restful sleep, stress management, mind-body health, family relationships, or work-life balance.

What do health coaches do? Health and wellness coaches will guide you to establish goals and make progress for healthy habits that matter to you. Health and Wellness Coaches do not tell you what to do. Instead, they support you in the strategies that you select.

What is coaching like?

Usually, you will meet with a coach for 30-45 minutes each time, for 3-6 coaching sessions. All meetings are virtual.

Free coaching available

Trainees working for certification at the University of Vermont are offering free coaching. Please contact Susan Whitman at UVMInfo@med.UVM.edu to connect with a student trainee in the University of Vermont Integrative Health and Wellness Coaching program.

