



# WELLNESS COACHING

- \* **EAT HEALTHIER**
- \* **EXERCISE MORE**
- \* **REDUCE STRESS**
- \* **SLEEP BETTER**

## REACH YOUR HEALTH AND WELLNESS GOALS

- Wellness Coaching is a one-on-one collaborative conversation where a certified or interning coach will partner with you to help you achieve personal physical and mental well-being goals relating to your overall health.
- The conversation is determined by the goals of the individual and can include a variety of health-related topics, including exercise, nutrition, sleep, stress, life satisfaction, healthy behaviors that can lead to weight management, and many others.
- Wellness coaches are trained to help clients develop and implement personal wellness plans by:
  - Guides you in doing the mindful thinking and work that builds confidence
  - Helping you define a higher purpose for wellness and uncover your natural impulse to be well
  - Helps you tap into our innate fighting spirit.

**For more information  
contact Las Positas  
College Health &  
Wellness Center  
(Room 1701)  
925-424-1830**



**ValleyCare**

