Overview

What is Wellness Coaching?
Wellness Coaching is a free service that provides opportunities for students to gain awareness regarding their capacity to create the life they want to live, both now and in the future. Wellness coaches take a positive approach to personal development, focusing on students’ strengths and using the 9 Dimensions of Wellness model as a framework for generating meaningful goals.

How is coaching different from counseling?
Counseling is a service that focuses on supporting college students by providing effective treatment for mental health concerns. Coaching is a service that focuses on supporting college students by improving mental health through empowering students to use strengths to accomplish goals. Counseling staff are licensed mental health professionals. Coaching staff are graduate and upper-level undergraduate students who have participated in training to facilitate coaching conversations. Our coaches believe each student is the expert for his or her life, and help students to identify and trust their distinctive voices so that they can make decisions that are most appropriate for their preferred outcomes.

How can Wellness Coaching benefit students?
Coaches provide one-on-one consultations to help students gain an individualized understanding of wellness. We empower students by helping them to identify and utilize their personal strengths to achieve their goals. This strength-based approach enhances students’ self-acceptance, gives them strategies to navigate transitions, and helps students thrive. Wellness Coaches view challenges as a fundamental part of being human. Our goals are to encourage students to face their challenges, to see their capacity to show up for themselves, to grow more fully into the person they aspire to become, and to move closer to their desired outcomes. Typical coaching topics include relationship difficulties, adjustment to college, academic concerns, loss and grief, stress management, goal setting, decision making, test anxiety, enhanced personal wellness, and questions related to career and identity.

How do students schedule wellness coaching sessions?

Individuals
Wellness coaching is FREE and available to all students at The Ohio State University. Sessions last approximately 45 minutes and can be scheduled by emailing wellnesscoaching@osu.edu.

Groups
Student organizations, staff, and class instructors may also request to have staff from the Wellness Coaching program facilitate group coaching for students. This may take the form of a one-time workshop or a multi-session approach that equips students with coaching skills to enhance group cohesion through mutual support of wellness-oriented goals. Email wellnesscoaching@osu.edu for more information.
Who are our Coaches?  
http://swc.osu.edu/about-us/staff/wellness-coaches/

All staff serving as wellness coaches have undergone 12 hours of classroom training including modules covering positive psychology, goal setting, wellness education, strength-based interventions, Motivational Interviewing, communication skills, utilizing referrals and resources, and self-care and supervision. Following training, coaches-in-training shadow the coaching staff to learn applied skills. Prior to hosting individual appointments, coaches-in-training lead sessions under direct supervision with the Wellness Coaching staff. In addition to the initial training period, all coaches participate in ongoing group training and supervision sessions with the Wellness Coaching staff. Supervision is intended to protect clients, support coach development, and ensure a high standard of service.

Wellness Coaching Outcomes

- “Wellness coaching has helped me work through very confusing situations, situations that I had heard about other people experiencing before but had no idea how to navigate in my own life. I am more self-aware and self-confident and self-empowered because of my wellness coaching experience.”

- “I have tried many new things this year as a freshman, and I can say with the utmost confidence that wellness coaching was by far my best decision/choice I made. I would not have made as much progress as I have without it!”

- “Wellness coaching has been the most amazing experience for me this year. It helped me feel motivated to make the best life I can for myself. I feel like I am able to accomplish this.”

- “I would definitely recommend this service to anyone on campus who needs someone to talk to and someone to listen to them. It was great to find a safe space to express myself, I think that’s what helped me the most.”