Welcome

Using SMART goals to Anchor Wellness Coaching
In 2005, University of Louisville launched Get Healthy Now:

- A voluntary, incentive-based program designed to
  - Create a culture of health
  - Engage employees in health and wellness
  - Contain health care costs.

Life well lived. It’s in you!
Wellness Coaching

- Creates a powerful partnership that affords behavior change with research-based techniques
- Is effective at improving health outcomes related to cardiovascular disease, diabetes, asthma, cancer pain, cancer survivors, weight loss, and ADHD (Frates, 2011).
Theoretical Foundations

- Positive Psychology
- Appreciative Inquiry
- Motivational Interviewing
- Self-Efficacy Theory
- TTM Stages of Change Theory

GetHealthyNow

UofL
Dream Big
S.M.A.R.T. Goals

- Specific
- Measurable
- Action-based (behaviors)
- Realistic
- Time line
UL GHN
WELLNESS COACHING
PAST-PRESENT-FUTURE
UL Get Healthy Now
Wellness Coaching Certification

• Qualified as an **Approved Transition Program** by the **NCCHWC**
  National Consortium for Credentialing Health & Wellness Coaches
  – links us with a **distinguished group of national health & wellness leaders**
  – validates our coaching program has **met**, and in numerous cases **exceeded** the national standards for health & wellness coaching training.
KUDOS from the Mayo Clinic

U of L’s Wellness Coaching Program is way ahead of the curve as far as wellness coaching programs across the country.

Karen Lawson, MD, ABIHM,
Director of Integrative Medicine & Community Health
University of Minnesota Mayo Clinic (during our interview for the NCCHWC accreditation process)
Employer Kudos for our Program

The level of professional work ethic, behavioral coaching background and experience coming from these Get Healthy Now Wellness Coaching students straight out of school is something that I see in my coaches on staff once they’ve been hired for several years. Paula’s teachings prepare them for real life, give them the opportunity to practice and refine their communication skills and to confidently guide our members to success. I applaud her efforts and will continue to look to Paula to fill my recruitment needs. Thank you!

— Sarah Ogden, CHES, Account Executive at Carewise Health (past WC student).
Student Testimonials

- Wellness Coaching has been life changing for me both personally and professionally. – **Cristi Smith (WC Intern Spring 2015)**

- I have never been impacted by a class as much as this one. It has had positive effects on my everyday relationships and had made me a better active listener communicator. **James Moore (Wellness Specialist/Frazier Rehab Center) (Past WC Intern)**

- I would tell future students to cherish the opportunity to study Wellness Coaching with Paula Kommor at U of L. I realize I learned more information that is applicable to everyday life from this class than any other class I have taken at U of L. Paula not only teaches theories and techniques, but also provides the opportunity to apply the techniques with “hands-on” experiences. **(Anonymous student)**
Employee Feedback

- Great job teaching a quality wellness coach!
- Awesome job preparing these folks for this time.
- We employees are very fortunate to have such a great GHN Wellness Coaching Program.
- I loved the experience and recommend to everyone.
- Coaching has been so valuable for my well-being! Others notice the difference; my coach was cheerful, encouraging, and helped me carry out my plan.
- David was professional, personable, and great to work with. He guided me through identifying areas for self-improvement to help me meet my long-term goals. He kept me focused and accountable. His maturity was surprisingly helpful in areas I would not expect a college student to have insight. The program overall exceeded expectations.
Feel Free to Contact Us

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