

# Year-Round Health Coaching

**FREE for City of Milwaukee employees and spouses/domestic partners**



## What is health coaching?

Health coaches are practitioners of coaching psychology, which is a field of research that is focused on the scientific study of happiness and well-being. Start changing your life by partnering with a health coach today!

## The process of health coaching progresses through several stages:

**First coaching session**, you identify your priorities and develop a personal wellness plan including a vision, three month goals and the first steps.

**Subsequent coaching sessions**, each week, month, or quarter, you and your coach review the progress toward your vision and goals, explore and resolve the most pressing issues, learn something new, and then agree on a set of goals for the following week. You will enjoy plenty of ah-ha insights along the way.

**By the end of three months**, you can expect to reach more than 70% of your three-month goals and feel energized and confident to embark on new areas with or without your coach.

**Reference:** Wellcoaches© Corporation

## Choose at least one of the topics below to work on with your health coach:

- Weight Management
- Smoking Cessation
- Pre-Diabetes
- Exercise
- Stress Management

## Two ways to coach!

1. Over the phone (Telephonic)
2. In-person at the Wellness Center

To Schedule, call **414-777-3410** or go to [www.pickatime.com/COM/healthyrewards](http://www.pickatime.com/COM/healthyrewards)

Note: Limit one appointment per week

Earn **10 Healthy Reward Points** for each coaching session (30 points maximum)



Workforce Health

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