



## **Working with a Health and Wellness Coaching Student**

### **Q & A**

*This document is given to each person who indicates interest in being an MUIH volunteer coaching client. The information is intended to answer questions typically asked before agreeing to accept a student coach.*

#### ***What is health and wellness coaching?***

Health and wellness coaching is a researched-based process that supports and empowers people to make desirable, health-generating change. In partnership with you, coaches listen deeply to your concerns and ask thought-provoking questions to help identify what matters most to you. Through the coaching process you can better understand any barriers you may have to achieving your goals, and with the help of your coach you can identify key tools to help you move closer to your goals and positive behavior changes.

#### ***What are some of the things I could work on with a student coach?***

Common areas in working with a student coach include, setting health-enhancing goals, discussing obstacles to adhering to wellness goals, and receiving support to adhere to wellness goals. Although student coaches do not give dietary or exercise advice, they can help you access resources, help you identify areas you want to work on, help you create a goal plan, and provide accountability for your actions and inactions.

#### ***How are the sessions held?***

Sessions can be conducted in-person or over the phone, usually using a conference system such as FreeConferenceCall. Your student coach will provide you with information.

#### ***Do I have to commit to a certain number of sessions?***

We ask you to commit to seven to twelve sessions, depending on which practicum course your student is enrolled in. Holding sessions over the phone makes it easy to fit into a busy schedule.

***How long is each session?***

Sessions are generally 30-60 minutes.

***Is coaching like counseling or therapy?***

Coaching is not counseling or therapy. Coaching is about identifying goals and working toward goals. It is about building a healthier future and is not reflecting on the past.

***Will the student coach advise me on health and wellness practices?***

Coaches can provide information and resources but do not provide advice.

***How are the student coaches trained?***

Students have received over 100 hours of professional coach training, taught by certified coaches.

***Can you describe a typical session?***

With the coach's assistance, you create the agenda for each session. You describe where to focus the session. The coach is trained to listen carefully and to ask insightful questions. Below is an example of a seven-week coaching program.

Session 1: Review any forms and assessments; discuss goals; design 1-2 actions to create health-positive behavior

Sessions 2-6: Review action steps; discuss obstacles, successes, tools and supports for accountability; discuss outside resources and additional action steps.

Session 7: Review progress, discuss any future steps you may want to take, and bring closure to the seven -week coaching program.

***Can I continue to work with my coach after I have completed the seven or twelve weeks?***

Coaches are free to make these arrangements with you outside of their role as a MUIH student.

***Are the sessions confidential?***

Coaching sessions are strictly confidential; however, students benefit from listening to recordings of their coaching sessions so that they can improve their skills more rapidly. Your student coach may request your permission to record coaching sessions. With the exception of one recording reviewed by faculty, the student may not share their recordings with anyone.

The focus of the review by the faculty is on the student coach, not the client. The student coach and program faculty are the only persons in possession of the recorded session. The recorded sessions are deleted by the student coach and faculty upon the completion of the faculty review (no later than two weeks after the close of the trimester). Everything that is said will be kept confidential, to the full extent that the law permits.

MUIH uses Sendinc, an encryption service to ensure that the sending and receiving of information (i.e. consent forms) between you and the student coach and the student coach's faculty remain secure and confidential and in compliance with [HIPAA](#). Your student coach will ask that you set up an account. Using Sendinc is free and only requires your email address and a password to sign up.

***I have a medical condition. Can I address this with the student coach?***

Student coaches are not trained to address medical conditions. Student coaches do not provide medical care, treatment, or advice, including but not limited to, mental health counseling, psychological advice, recommendations, mediation or counseling under any circumstances, even if your student coach happens to be a licensed medical professional. Student coaches will not suggest you begin, continue, or discontinue medical or psychological treatments. If you are under the care of a licensed medical professional, you should continue with your care as long as he/she deems necessary.

It is your responsibility to consult with your licensed medical professional before altering any medical treatments or medications, beginning an exercise or diet plan, or any other course of action that may affect your physical condition or wellbeing.

If there is a worsening of any medical or health condition, or if a new ailment or condition arises, you should consult with your licensed medical professional.

***Is there a fee for this service?***

There is no fee for this service.

***If I am not enjoying coaching, can I stop at any time?***

You may stop coaching at any time. Please give your student coach at least 24 hours notice before cancelling any session or ending the coaching process.