

Small Group Health Coaching

Group Health Coaching creates an environment of support and encouragement to assist you in making lasting lifestyle changes in areas like:

- stress management,
- weight loss,
- better nutrition habits,
- developing an exercise routine,
- quitting smoking, etc...

While your health-related goals might be different from another participant, the strategies for success are the same.

Why Group Health Coaching?

- *Convenience* – Participate at work
- *Support* – Social support is a critical component for long-term success
- *Synergy* – An environment where healthy habits are encouraged creates an energy that assists in making good choices

When: Approximately five 45-minute sessions over the course of 8 weeks at a time that is convenient for your work group.

Where: At a convenient location for your work group.

Eligibility: UI Staff and Faculty in 50% or greater, permanent positions who are not currently working with a Health Coach.

Questions or to learn more: Contact UI Wellness Program Coordinator, Megan Moeller at megan-moeller@uiowa.edu, or the UI Wellness **liveWell** Program office at 353-2973.

Minimum participation of 6 individuals; Maximum is 12.

Learn more at www.uiowa.edu/livewell.

Attendance at ALL of the 5 sessions is recommended for accountability to the group, health coach, and your health improvement goals. If you require greater flexibility, please inquire about the one-on-one Health Coach Service.

