

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



Dream Big



S.M.A.R.T. Goals



- **Specific**
- **Measurable**
- **Action-based (behaviors)**
- **Realistic**
- **Time line**

• Awarded
i2a Grant
that funded
a UPCP
(patient-
centered
program)

Continued Qualitative &
Quantitative Growth

• Vision &
Groundwork
by Dr.
Kolander

• Partnership
with
Wellcoaches

2006

2007

2008

2009

2010

2011

2012

2013

2014

2015

2016

• Leadership
Support

• Wellness
Coaching
Minor
APPROVED.

• Created
Externship
Opportunities for
WC students

NCCHWC
Approved
Transition
Program

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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