

Health coaching experience

- Phone, email, online
- Total participant engagement is based on need and preference

FLEXIBLE



PARTICIPANT-CENTERED

Approach tailored to an individual's needs and goals

- **Unlimited access to coach**
- **Flexible scheduling**
- **Focus on participant**

ENGAGEMENT

- Meet participant where they are at in regard to what they want for their health.
- Utilize behavior change techniques to engage and support behavior change

- Professionally trained in Intrinsic Coaching®
- Areas of expertise include dietetics, exercise, tobacco cessation, others

SPECIALTIES

HEALTH COACH BACKGROUND AND AREAS OF SPECIALTY

- Bachelor degree or above in a health-related field
- Multiple areas of specialty and health-related certifications
- Experience working with a variety of client populations and cultures
- Previous experience in the health care field prior to working with JourneyWell.

AREAS OF SPECIALTY

- Behavior Change
- Dietetics
- Exercise
- Adult Weight Management
- Adult Weight Management – for weight loss surgery
- Tobacco Treatment
- Diabetes Education
- Psychology and Counseling
- Health Education
- Behavioral Health
- Public Health
- Pharmacy
- Complementary Alternative Medicine
- Medication Therapy Management
- Others