



Health Coaching

Commit to making lasting change today!

What is Health Coaching?

Health coaching helps lead you to better health, wellbeing, and lasting change. Health coaches assist clients in setting realistic goals, revealing strengths, problem solving, and addressing barriers.

Health Coaching is NOT counseling or therapy. We are not trying to 'fix' the client.

Who will benefit?

Anyone who is interested in making a positive lifestyle change to improve their health and wellness: improving eating habits, managing weight, handling stress, or starting an exercise program.

- ***Provided by Covenant Health***
- ***We will come to your worksite***
- ***30 minute face-to-face sessions or telephonic for privacy***
- ***No cost to you***
- ***Available to employees and spouses participating in the SCG wellness program***

Being healthy and happy doesn't only last for a moment in time. With Health coaching, they have inspired and motivated me to see the potential that I can make it last for a lifetime! SCG employee

**Questions or to schedule coaching
please call the HealthQuest line at
865-374-0452.**