What does a Wellness Coach do?

Health and wellness coaches partner with clients seeking self-directed, lasting changes, aligned with their values, which promote health and wellness and, thereby, enhance well-being.

Examples of How We Can Help

Your Health & Wellness Coach can assist you in many ways. Here are a few examples:

- Healthy Eating
- Reduce Your Weight
- Goal Setting for Health and Wellness or Specific Health Conditions
- Mindfulness-based Stress Management
- Guided Meditation
- Positive Change
- Holistic Health Check-up
- Steps to Success

WORK ONE-ON-ONE WITH A HEALTH AND WELLNESS COACH TO MAKE LASTING CHANGES.
Meet Our Coaches

Cynthia Brown is an associate professor at the University of West Georgia Tanner Health System, School of Nursing. She holds certifications as a health coach, a nursing educator, in interactive guided imagery, and as an advanced practice holistic nurse. Dr. Brown received a "Best of the West" faculty of the year award at UWG in 2016 and is currently a faculty fellow in the Center for Teaching and Learning.

Cynthia has always been interested in self-care and believes that each person has the wisdom and knowledge to listen to themselves and create the healthy life they desire. Health coaching assists with the process of creating a healthy lifestyle by considering your goals and finding steps to success. Goal setting can include any area that would enhance your life such as healthy eating, adding in exercise, managing stress, simplifying your life, mindfulness...anything that adds to your vision of health!

Christy Berding is an assistant professor at the University of West Georgia, Tanner Health System School of Nursing. She holds certifications as a health coach, a nursing educator, an online instructor, and a critical-care registered nurse. Dr. Berding has completed clinical training in Mind-Body Medicine at Harvard Medical School, Cognitive-Based Compassion Training at Emory University, and Mindfulness-Based Stress Reduction.

Christy believes health and wellness can be viewed as a journey that incorporates the whole person including their physical, mental, and social well-being. Sometimes, we lose our way along the journey and need a guide to help us envision and create changes that can lead to healthier, happier lives. In a safe and non-judgmental environment, a health coach creates space for self-discovery and finding your way to make empowering positive changes that will improve your overall health and well-being.