

# SUCCESS AND WELLNESS COACHING

## What is Success and Wellness Coaching?

USF Success and Wellness Coaches work with students to co-create a plan for success, focusing on motivation, accountable goal-setting, and holistic wellness. Coaches can help students create a pathway to become their best selves and improve their overall well-being. Coaches can also provide additional support for students who are facing academic, personal, or lifestyle challenges, but may not need psychological counseling services.

## How can Success and Wellness Coaching help students?

We believe that students can create their own solutions and successfully reach their goals when they:

- understand their strengths
- envision a clear path
- harness their motivation
- create an action plan for success

During an intake session, the coach will work with the student to create a strategy that fits their busy and ever-changing life. The coach and student then monitor progress through regularly scheduled follow-up meetings.

## Coaching Fast Facts

1. USF Success and Wellness Coaches are professionally trained and nationally certified Health and Wellness Coaches.
2. The coach and client are allies. Coaches and students work together to create a plan, a timeline, necessary action steps and accountability for success.
3. Coaching focuses on a wide range of topics that influence student success, some of which may lie outside a department's area of focus, such as:
  - reducing stress and anxiety
  - improving sleep
  - movement and activity
  - meal management
  - maintaining healthy routines
  - positive communication strategies
  - improving interpersonal relationships
  - overcoming financial challenges
  - competing priorities
  - time management

## How is Success and Wellness Coaching different from counseling?

### COACHING:

- Focuses on the present and future
- Helps set goals and action plans
- Is short-term (usually 3-6 sessions)
- Can be by phone or in person
- Allows students to set the goals for each session
- Works at a pace determined by the student

### COACHING DOES NOT:

- Provide counseling
- Prescribe treatment or medication
- Examine the past

## What is the coaching referral process?

Students can sign up by accessing the website and do not need a referral. However, faculty and staff may suggest and/or refer students who they think may benefit from Success and Wellness Coaching.

Success and Wellness Coaching is a free service offered to currently enrolled students at all USF campuses.

Students may learn more and sign up through the coaching website:

[usf.edu/successwellnesscoaching](https://usf.edu/successwellnesscoaching)

