

# Success and Wellness Coaching

## What to Expect During a Coaching Session

Welcome to Success and Wellness Coaching! We're glad that you've decided to work with a coach to realize your goals. Here's some information to help you become comfortable and understand the process.

### What can you expect during your first coaching session?

The purpose of the first coaching session is to learn about you and your goals.

- We may ask you to share what you want your coaching experience to be and how you see your future.
- We'll discuss how a coach and client work together, how often to meet, and how to move forward towards your success.
- At the end of the session, you can determine if coaching is right for you.

### What happens after the first session?

Each subsequent session will focus on how you want to move forward with your goals. The coach will ask questions to help you formulate ideas that work for you and play to your strengths. You'll start creating an action plan with specific steps, and your coach will help you monitor your progress.

### Is there a limit to how many coaching sessions I can sign up for?

Success and Wellness Coaching is a free service to all enrolled USF students from any USF campus. There is no limit to the number of sessions as long as you are making progress toward your goals.

### What kind of goals do I need to set?

Your goals are your goals. They can be large, like running a marathon; or small, like planning your meals. They can change, grow or be shelved for another day. Our goal is to hear about your life's vision and help you create the life you want to live.

## How to Sign Up for Success and Wellness Coaching

Congratulations! You are on the journey to co-create a plan for your personal success. It's easy to sign up for a coaching session.

1. Go to: [usf.edu/successwellnesscoaching](https://usf.edu/successwellnesscoaching)
2. You can learn more about the program and [get to know the coaches](#).
3. Click on "[Sign up to reach your goals](#)."
4. Fill out the [brief intake form](#).
5. You will be directed to an online calendar system to sign up for a session.
6. You'll receive an email confirming the date and time of your appointment.
8. As you progress, you may find that 3-6 sessions are all it takes. There is no time limit on how long you can work with a coach as long as you are enrolled as a USF student.
9. For additional questions, contact us at: [SuccessWellnessCoaching@usf.edu](mailto:SuccessWellnessCoaching@usf.edu).

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