

Here is what our clients are saying about this program:

"I wanted to update you on my progress. Since working with you I have lost over 10 pounds and I am eating healthy. I eat lots of fruits and vegetables, yogurt and make healthy choices now. I read labels now before I buy a product to make sure it is nutritious and a healthy choice. Thanks to you and your program I am on my way to eating healthy and losing weight."

"It was an honor to work with you. Please remember that you made me believe in myself again and I could not have done it by myself. I believe I made a friend for life."

If you have any questions please contact:

This institution is an equal opportunity provider.

Developed by:
University of Saint Joseph
SNAP-Ed Program



UNIVERSITY OF
SAINT JOSEPH
CONNECTICUT

Welcome

Health Coaching Program



Welcome to our Health Coaching Program!

Our Program:

- Will provide guidance needed to motivate you to improve your health.
- Is over the phone for 30 minutes for 6 weeks, scheduled at a time and date you select.
- Is funded by the USDA therefore; there is no cost for you.
- May use non-personal information from your sessions, to measure the success of the program and shared in a research setting.
- Allows you to stop participating at any time.
- Provides a gift and a certificate upon completion.

Your coach will:

- Help you identify and use your strengths on the path to a healthier future.
- Ask questions to help you to arrive at your own answers.
- Encourage realistic goals.
- Create a safe place that helps supports learning and new behaviors.
- Support you in thinking of creative ways for moving forward.
- Respect your ideas, learning styles, and needs.
- Offer ideas for improving your health with your permission.
- Be on time in calling you every week during the agreed upon time.
- Recommend other resources for you when our program is unable to help.

Your health coach is:

Health Coach



As the client, you will:

- Improve your level of health.
- Take responsibility to make and sustain changes.
- Invest time to make improvements.
- Be willing to share personal information that is related to your health.
- Be open to suggestions and willing to try new things.
- Understand that set backs are normal on the path of change.
- Answer your coach's call during your session time.
- Let your coach know if a session needs to be reschedule.