

How can I get connected to the Wellness Hub?

Visit us online at www.wellness.umaryland.edu.

 Facebook: Search “UMB Wellness Hub”

 Follow us on Twitter: “WellnessHub”

Visit us at the Southern Management Corporation
(SMC) Campus Center on the 3rd floor.

Call 410-706-7767 or e-mail FLilly@umaryland.edu.

wellness hub COACHING



What is Wellness and Academic-Life Balance Coaching?

We empower students and give them the tools to make sustainable lifestyle changes by:

Collaborating

We will work together to identify the areas you would like to improve.

Action Planning

We will show you how to devise a route to accomplish your intended plans and overcome barriers.

Goal Setting

We will help you set realistic timelines that will help you follow through on your action plan.

Challenging

We will encourage and support you as change occurs.

Educating

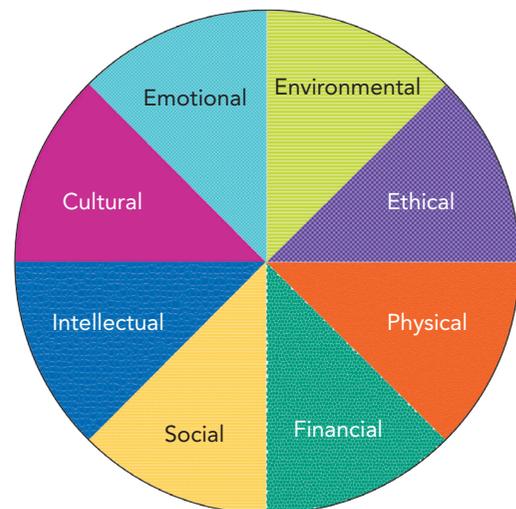
We will connect you to appropriate resources that will help you along your journey of self-improvement.

How will coaching help me?

As a graduate and professional student it is important to find a good balance between your academics, your wellness, and your personal life. Coaching will help you identify areas you want to improve, develop achievable goals, and create an action plan to achieve those goals.

THE WELLNESS WHEEL

When talking about wellness, imagine a wheel with several spokes like the one depicted below. Optimal wellness indicates a degree of balance based on your needs, experiences, and circumstances. As you go through life's challenges and joys, different spokes will fall in and out of balance and may need more attention than others.



What challenges are you facing?

Wellness coaching encompasses a broad spectrum of goals:

- Stress management
- Time management
- Increasing energy levels
- Weight loss
- Finding a new activity
- Health and nutrition habits
- Sticking to a fitness plan
- Making healthier lifestyle choices