

Behavioral Wellness Coaching

Are you experiencing a lack of accountability with yourself? Has it been difficult to change behaviors on your own? Would it be helpful to work with a coach to start taking action on your personal goals?

If you said yes then Behavioral Wellness Coaching might be for you!

The goal of behavioral wellness coaching is to support and guide clients in accomplishing short-term and long-term goals to lead to overall success and personal development. Goals are individualized to best meet each client's desires and needs. Coaches assist clients across various aspects of life and assist with behavioral change, including but not limited to:

- Personal Development
 - Developing self-care routines
 - Exploration of hobbies or leisure activities
- Life Skills
 - Working on establishing healthy time management and building routines to support overall wellbeing.
 - Assisting with scheduling doctors' appointments and setting reminders.
 - Learning how to take accountability and maintain responsibilities.
- Mental Health
 - Identifying and/or developing effective coping skills
 - Creation of goals to start building success
- Career & Academic Exploration
 - Exploration of career options
 - Utilizing role-play to practice job interviews or particular social interactions

What is Behavioral Wellness coaching?

Coaching is the first step into seeking out support and I commend you for beginning this process in finding ways to help yourself move forward. What coaching focuses on are the day to day tasks that you could use some accountability on. In coaching we will do some light processing, but mainly we focus on medically ruling out diagnosis that could be impacting your mental health, supporting you in making those appointments, discussing what ADL's you do or don't do, assessing for SI risk if it is reported, and providing Psycho-Education on processes of Behavioral Health that could be incremental to your growth.

What is the difference between therapy and coaching?

Now you might be wondering what is the difference between coaching and therapy, great question!

Coaching is focused on creating a specific goal that you may be struggling to address or hold yourself accountable with such as behavioral changes. For example, wanting to utilize coping skills more regularly, participate in physical activity more, or learn more about journaling.

On the other hand, therapy explores the root causes of potential barriers (past, present, future) that may be keeping you from your goals. Therapy also breaks down the patterns of behaviors that may not be conducive to the life you want to live. Therapy explores how the potential barriers may be influencing your behaviors and decisions in the present moment.

If you are wanting to dive into your past, emotions, trauma, hardships, crisis, and safety concerns, then therapy might be the more appropriate for you.

What does it look like to start coaching at The Connection Corp?

The first thing that will be done is a 15 minute consultation with one of our coaches. The consultation is a quick phone call to help the client and coach explore if they are a good fit with one another. The consultation call involves exploring why you are seeking coaching and how they can help you achieve your goals.

If it is a good fit then the coach can inform you of the rate and schedule a first session! It is also okay to take time to think about it and reach out to the coach you had a consultation with at a later time.

Rates and Packages

Clients will pay up to \$350 upfront for 5 sessions (\$70 per session)

We ask clients to commit to 5 sessions as change typically takes about 30 days.

If you have further questions please schedule a consultation or reach out today!