



Ulliance ^(25th)
Enhancing People Improving Business.

Wellness Coaching

Yesterday you said tomorrow....

By participating in the onsite health screening and taking the HRA, our Wellness Warriors have taken the first steps to living a healthier lifestyle!

Wayne State University wants you to have the information you need to get and stay healthy, so you can enjoy your life to the fullest. Everyone who completed the on-site biometric screening and took the HRA is eligible to receive **FREE and UNLIMITED wellness coaching**. These coaching sessions are done on a one-on-one basis over the telephone and are meant to help you set and reach your goals.

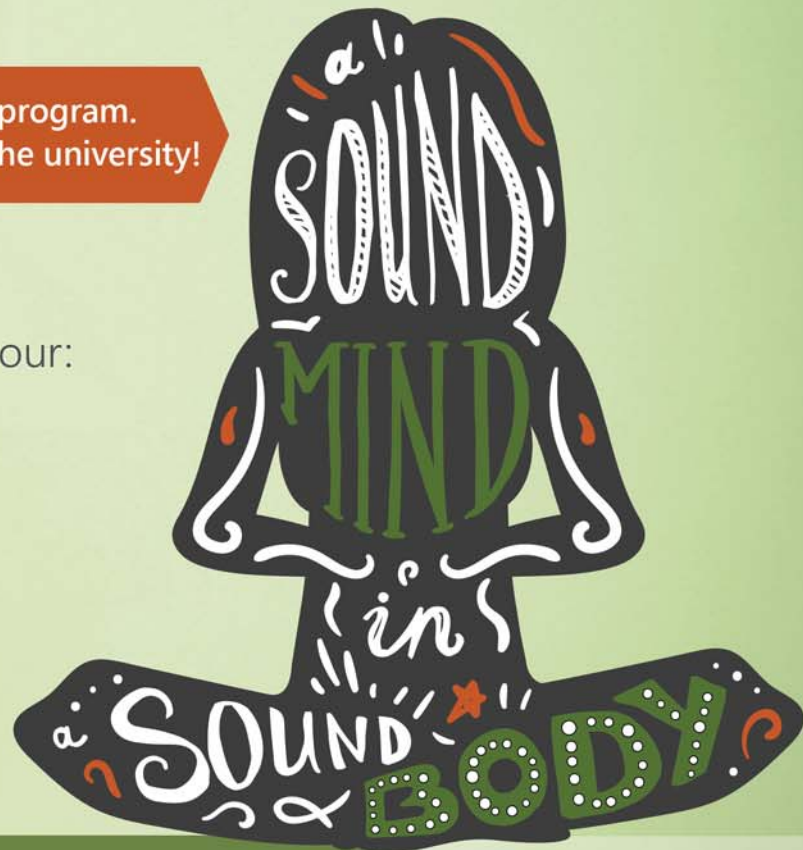
Much like a baseball coach, a wellness coach can help you get over a slump in your career, your health or your family. Coaching is a proven process that quickly brings results, because both you and your coach are highly motivated and are working together on highly focused goals. You benefit by achieving goals faster, creating balance and enjoying the support of a non-judgmental mentor whose only goal is your success!

The coaches identify motivators, obstacles and strategies that will lead to healthy living. When you have this knowledge, you have more control and can start making simple changes to improve your health.

This is a **FREE** and completely **CONFIDENTIAL** program.
Individual health information is **NOT** shared with the university!

You can talk to your coach about anything! Some topics could include your:

- ✓ Career
- ✓ Family/Relationships
- ✓ Health
- ✓ Work/Life Balance
- ✓ Stress



Ready to renew your goals today?

Call Ulliance to schedule your first coaching call!

888.699.3554