



What is Wellness Coaching?

Are you stressed?

Is it hard for you to find time for your overall health and wellness?

Do you want to make positive life changes, but don't know where to start?

CHILL's Wellness Coaching program can help you evaluate your overall happiness by identifying 12 aspects of your life and challenging you to act!

In a positive group environment, get the support and strength you need to change your life for the better!

Using the renowned **Circle of Life™** program, Wellness Coordinator April Baer will help you:

1. Assess the Big 12 Areas of your life
2. Clarify your direction and goals
3. Create a realistic plan of action that works for you
4. Get support from peers and experts
5. Maintain personal accountability so you can get to where you want to be



CHILL

Creating Healthy, Informed, Lasting Lifestyles
Frostburg State University

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CHILL's Wellness Coaching



If you could change your life for the better,
what would you change?

[Circle of Life Mind/Body Health & Wellness Coaching™](http://www.frostburg.edu/chill)

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We've all heard it:
You're supposed to have "the best years of your life" in college.

Don't you wish that you had been warned about how trying these "best years" can be?

Juggling everything college throws at you—from simple tasks, like getting to class on time, to more complex tasks, like finding time to de-stress—can sometimes be overwhelming.

You're not alone.

There are tons of students on the FSU campus who, like you, need of a little extra help in figuring out how to manage it all—classes, relationships, finances, self esteem and more.

With **CHILL's Wellness Coaching** program, you will be connected with other students in a group environment, where everyone will be able to "get real and get moving."

By evaluating your overall happiness with **Big 12 Areas** of your life, you will be able to figure out:

- Where you are
- Where you want to be
- How to get there with the assistance of campus resources.

Self Esteem - Spirituality - Nutrition - Exercise
 Stress Mastery - Relationships - Finances - Work - Play
 Health Care - Environment Life Purpose

Take a minute and think ...
If you had to rate your overall happiness based on your current workload, what would you say?

Are you able to find time to study while handling all your other responsibilities?

Are you able to motivate yourself to be productive without the pressure of waiting until the last minute?

Are you able to get work done without sacrificing sleep or your sanity?



We get it.

You're a busy person with a lot to accomplish. But if you aren't able to complete all your assignments with the grades you want, while maintaining your health and happiness in the process, something is wrong.

Let us help you find the motivation and clarity you need to be successful *before* you graduate!



So, the next natural question is ...

"What am I getting myself into?"

With **CHILL's Wellness Coaching** program, everything is voluntary.

You have two **FREE** options with this program:

1. **Wellness Group Coaching**—This allows you to be in a group of 10 students where you can open up about your experiences, goals and how you would like to achieve everything. You will not only help yourself, but also others as you share what has or hasn't proven to be successful for you in college.
2. **Wellness Individual Coaching**—Open to the first few students who sign up, through this opportunity you will have a series of one-on-one meetings that will help you focus on your own journey with a coaching expert.

Group Coaching meets twice monthly.
Individual Coaching meets on a revolving schedule.

To learn more about **CHILL's Wellness Coaching** program or to reserve your space within our circle, contact CHILL today at wellness@frostburg.edu

Space is limited! E-mail us today!

