Wellness Coach: A Detailed Description

A Wellness Coach is a peer educator who strives to provide education that will allow USF students to graduate not only with healthy minds, but with the ability to make healthy life choices. They work within the University community to promote greater well-being by providing a step by step action plan for behavioral modification that includes increasing awareness of wellness resources on campus, providing support, and encouraging responsible decision making.

Responsibilities as it pertains to working with students

Under the direct supervision of the Director of Health Promotion Services

- Provides individualized health coaching to clients in obtaining their health objectives.
- Educates students about the dimensions of wellness.
- Supports students in learning how to make good choices for themselves.
- Creates and adapts wellness objectives to overcome barriers to good health based on the needs of, and with input from, students.
- Co-facilitates groups/classes to support improved health outcomes for students.
- Works closely with the Director of HPS and the Health Educator to engage students in appropriate services and resources.
- Maintains appropriate professional standards and provides appropriate follow-up for students.
- Provides self-help recovery services (WRAP, Pathways to Recovery) and other peer wellness services.
- Coordinates with other departments and peer specialists at USF to expand the reach of health and wellness focused peer education services.
- Attends designated meetings with staff and/or peer educators for continued training, evaluation and feedback.
- Completes all tracking and reporting requirements for outcomes and evaluation.
- Other duties may be added as necessary.

Qualifications

- Masters’ or doctoral student.
- Majoring in a health related field.
- Strong interest and passion for public health.
- Ability to work with others – a team player as well as a leader.
- Knowledge of one’s limits.
- Responsible, reliable and punctual.
- Good communication skills, including a willingness to speak in front of an audience.
- Strong time management skills.
- Flexible and adaptable personality.
- Good role model. (Doesn’t mean being perfect—nobody is!)
- Non-judgmental attitude.
- Sincerity and commitment.