

Interview: Wellness Coaching at the University of Louisville

Julia Valencia – WHAS

Paula Kommor – UofL Wellness Coaching Minor Coordinator, Certified Wellness Coach

Valenica: Welcome back; it is the first Thursday of the Month. That means it's time to connect with UofL health, and today we have Paula Kommor here talking about the Wellness Coaching Program at the University of Louisville. At first I would start off, what is wellness? I know we hear about wellness coaches and kind of improving your life, what do you say to that?

Kommor: Wellness coaching helps you discover your why. Find out your purpose, your number one value in life. A lot of people are going through their day-to-day, busy lives not thinking about what is important to them, they are just helping other people. This method helps you step back, climb up the palm tree, look down at your life and discover what is really important to you. We help you do a wellness vision and picture of your ideal life, and from there, we determine your number one value. And, if you start being more aware of your number one value, you reset your GPS. You can set your life, the actions, behaviors, thoughts in that direction.

Valenica: So, would you say that is for people who say they are wondering what is their purpose or maybe in a career that they thought they were supposed to do but they are not necessarily happy?

Kommor: Right, in any area of their life. The nice thing about wellness coaching is that it is proven effective in so many different areas by research. It helps improve the health outcome of diabetes, asthma, ADHD, cardiovascular disease, cancer survivorship and weight loss. So it helps a lot of different things. And the key thing is, we help you get in touch with intrinsic motivation, which is that number one value. That's what helps you keep and sustain a change. When you are doing things for other people, it's not going to last very long. So once you get in touch with your heart and what's most important to you, that's when you will have a nice long lasting change.

Valenica: And, so for people interested in making a change, what can they do?

Kommor: Making the change?

Valenica: Yeah. Like where can they go like on a website or?

Kommor: As far as hiring a coach, I would suggest someone go through International Consortium for Health & Wellness Coaching (ICHWC), www.ichwc.org, and find someone, a coach who is a certified ICHWC wellness coach. Pretty soon, in 2020, wellness coaches will not be able to call themselves wellness coaches unless they are trained by an ICHWC approved organization, and UofL happens to be one of the elite organizations that is approved.

Valenica: So specifically to connect with UofL, where can people go?

Kommor: Contact me, Paula.Kommor@louisville.edu.

Valenica: Ok, so definitely something that people can learn more about and also just to improve their daily life. Well Paula, thank you so much for joining us.

Kommor: Thank you.