Wellness Coaching is an emerging profession that has roots in applied behavioral science and adult development, and more recently has embraced positive psychology. Behavioral scientists have shown that one-on-one coaching is among the most effective approaches to helping people make and sustain improvements in their lives. (International Coaching Federation)

Expert faculty from these five academic disciplines at U of L collaborated to create the Wellness Coaching Minor:
- Health and Sports Sciences
- Psychology
- Social Work
- Human Resource Development
- Public Health Advocacy

We are interdisciplinary—doing together what none of us can do separately.

The Wellness Coaching Minor requires 18 credit hours (12 core and 6 elective).

Career Successes
Past interns hired by:
- Baptist East Milestone Wellness Center
- Louisville Metro Parks
- Norton Healthcare
- Norton Fitness Center
- SHPS—Carewise Health
- University of Louisville
- UPS

Scholarship Opportunities
An i2a Sun Grant provides exceptional students with scholarship opportunities to attend Wellcoaches® workshops, coaching certification classes, and mentoring.

Program Objectives
- Develop International Coaching Federation (ICF) core coaching competencies.
- Practice and refine wellness coaching skills using best practice standards incorporating evidence-based research.
- Prepare for the Wellcoaches/ACSM® course and certification
- Increase marketable skill sets and competitive edge to meet workplace demands.

“The culminating experience of the Wellness Coaching Internship pulls together all of the knowledge of the minor and gives the intern the opportunity to practice wellness coaching with real-life clients and reflect on this experience.”
Paula Kommor, M.Ed., CPA
Interdisciplinary Wellness Coaching Minor Chair
HSS Adjunct Faculty

FOR MORE INFORMATION
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COLLEGE OF EDUCATION & HUMAN DEVELOPMENT