

# Interdisciplinary Wellness Coaching Minor

Plant a powerful seed for your personal and professional success!

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

## What's in it for You?

- Develop International Coaching Federation (ICF) core competencies.
- Partner with Wellcoaches<sup>®</sup>/ACSM, the platinum standard in wellness coaching.
- Prepare for coaching certification.
- Gain a competitive edge in the wellness industry through UofL's wellness coaching minor.

## Career Successes

### Past interns hired by:

- Baptist East Milestone Wellness Center
- Brown-Forman
- Corporate Health Partners
- FitOrbit
- Heuser Health
- Insuramax
- Norton HealthCare
- Papa John's Corporate Office
- SHPS Carewise Health
- UPS
- Yum! Brands
- Zen Planner

## Endorsements

"The University of Louisville is at the cutting-edge in teaching wellness coaching at the undergraduate level. I am impressed with not only the Interdisciplinary Wellness Coaching Minor curriculum, but also with the expert team of interdisciplinary faculty and the engagement and the caliber of UofL's wellness coaching students."

Margaret Moore, Founder & CEO Wellcoaches  
[www.wellcoaches.com](http://www.wellcoaches.com)  
Co-Director, [www.instituteofcoaching.org](http://www.instituteofcoaching.org),  
an Affiliate of Harvard Medical School  
[www.coachmeg.com](http://www.coachmeg.com)

## Apply Now!

The Wellness Coaching Minor requires 18 credit hours (12 core and 6 elective). For additional information, please visit:

[www.louisville.edu/  
education/degrees/m-wc](http://www.louisville.edu/education/degrees/m-wc)

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