



Plant a powerful seed for your personal and professional success.

University of Louisville Interdisciplinary Wellness Coaching Minor

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)



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.



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).



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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