



Coaching :

Every team performs better with a winning coach. Methodist's personal health coaches are degreed and professionally trained, with the knowledge and expertise necessary to help your employee population set and reach health goals, while offering support and encouragement along the way. Our coaches encourage sustainable evidence-based healthy behavior changes through positive psychology and motivational interviewing practices. Here are some of the benefits of working with our health coaches:

☀ Individualized assistance

Individuals, by definition, are different, so health programs shouldn't be one-size-fits-all. Our personal health coaches provide one-on-one, individualized support.

☀ Flexible access

To accommodate busy work schedules, our coaching sessions are available on-site, online, or via telephone.

☀ Personal touch

Technology is powerful, but when it comes to motivation, some individuals need the support of a person who can answer their questions and encourage them to continue their journey. Our coaches excel at helping individuals succeed in achieving their health goals.

Personal health coaches can provide health training and assistance for a variety of issues, including:

- Weight management
- Tobacco cessation
- Diabetes prevention
- Nutrition
- Heart health
- Exercise
- Stress management

