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## What can I expect from a health coaching session?

You can expect a supportive, client-focused conversation where you and your coach collaborate to set personalized health and wellness goals. Your coach will guide you through self-discovery, help identify challenges, and assist in developing realistic, sustainable strategies using SMART goals (Specific, Measurable, Attainable, Realistic, Timely). Sessions typically last 30–45 minutes and focus on empowering you to take actionable steps toward lasting well-being.



[employeewellness@saltlakecounty.gov](mailto:employeewellness@saltlakecounty.gov)

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What if I don't know what goals to set?

Your coach will guide you through self-reflection and discussion to help identify meaningful and achievable goals that align with your lifestyle.



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How often should I meet with a health coach?

Frequency varies based on individual needs, but many clients meet biweekly to track progress and adjust goals as need.



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## How do I sign-up for health coaching?

Simply visit the SLCo Employee Wellness website to explore our health coaches and their specialties. Once you find a coach who aligns with your needs, click on their email to connect! From there, they will reply to you to set up a time that works best for the both of you to meet.

<https://www.saltlakecounty.gov/employee-wellness/programs/health-coaching/>



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*What if I struggle to stick to my goals?*

Your coach will help you adjust strategies, troubleshoot and forecast obstacles, and provide accountability in a supportive way to help keep you motivated.



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