Looking for Balance and Support?
Free Health Coaching on Wednesdays
flexible times available
For Faculty and Staff
Beginning January 2020

What is Health Coaching?
Health Coaching is a partnership in which a coach supports an individual in achieving their health and wellness goals by helping them connect to their inner-wisdom, identify motivations and barriers, and define values. Health Coaching provides a safe space for individuals to explore all aspects of their health and create a unique path to wellbeing.

Why See a Health Coach?
- Manage Stress
- Change Your Diet
- Balance Mind & Body
- Improve Relationships
- Support Your Self-Care
- Manage Weight
- Navigate Life Transitions i.e. Retirement
- 30-60 Minutes Dedicated to Your Wellbeing
- Free, Voluntary, and Confidential

Caitlin Waterstraat is a Master’s student in the Integrative Health and Wellbeing Coaching Program at the University of Minnesota. As part of her internship, in collaboration with the U of M Earl E. Bakken Center for Spirituality and Healing, Caitlin is able to offer free health coaching to all Carleton Faculty and Staff every Wednesday.

Sign Up for a 30 Min. Intro Session
In-Person at the Rec Center or email Caitlin: anfin024@umn.edu