

# **Embedding Wellness Coaching in the Disability Resource Center: A Partnership Model**

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We ask you to join us in creating a culture that reflects...

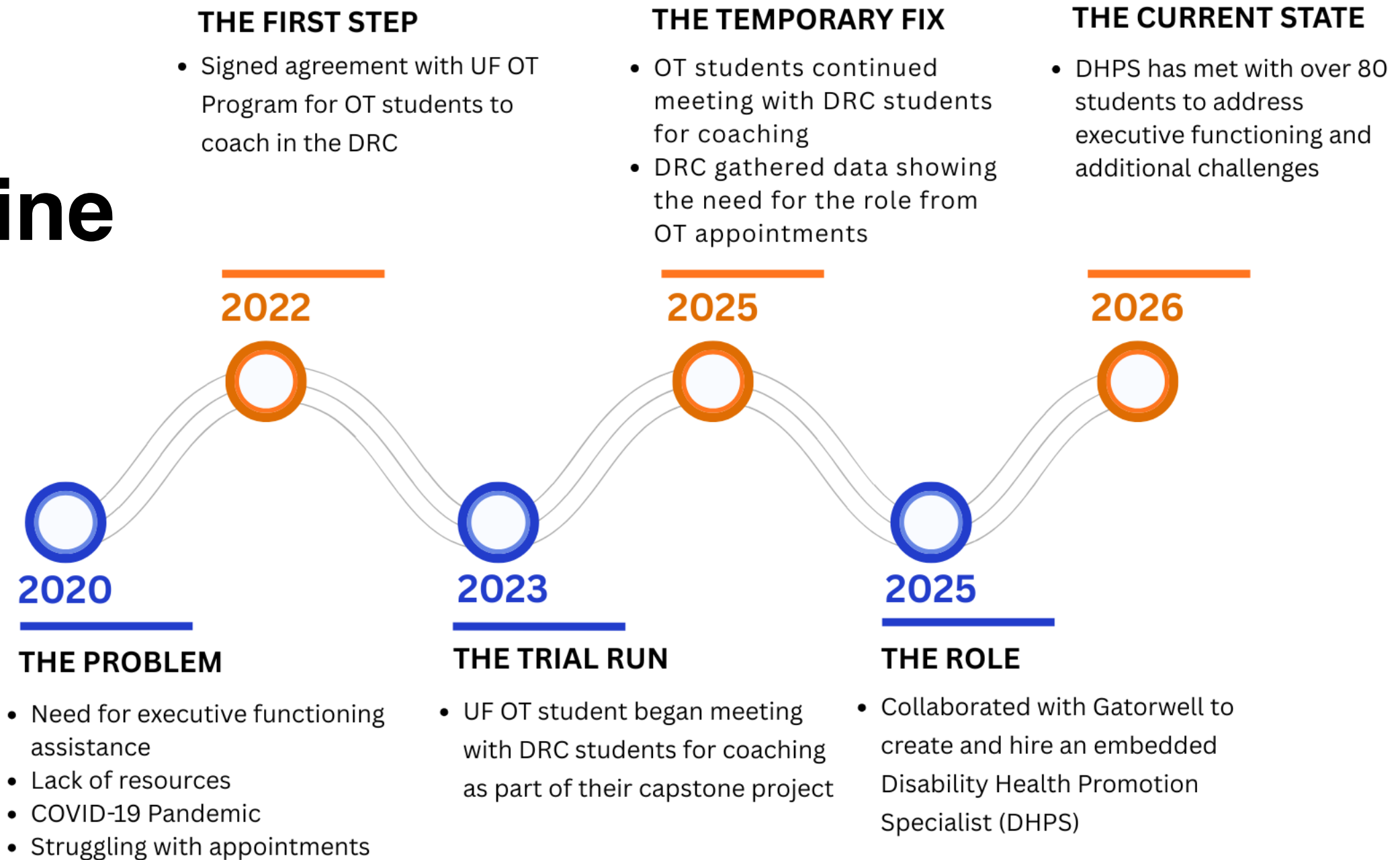
**Access and Inclusion**

and

**Civility and Respect**

...this week and in all aspects of our organization.

# Timeline



# Disability Health Promotion Specialist Role

- Collaborative role between DRC and Health Promotion Office
- Provides wellness coaching and executive functioning support to students from a disability lens
- Removes barriers for students attending wellness coaching appointments
  - Reduced feeling to disclose and explain one's disability
  - Easier availability for students

# Wellness Coaching

- **1-on-1** meetings with a Health Promotion Specialist to create **positive behavior change** to boost **academic performance** and **lifelong wellbeing**
- **Areas of Focus**
  - Time Management & Prioritization
  - Stress Management & Mindfulness
  - Sleep Habits
  - Study & Test Taking Skills
  - Social Connection
  - Holistic Balance for Optimal Wellbeing

# Wellness Coaching Appointments

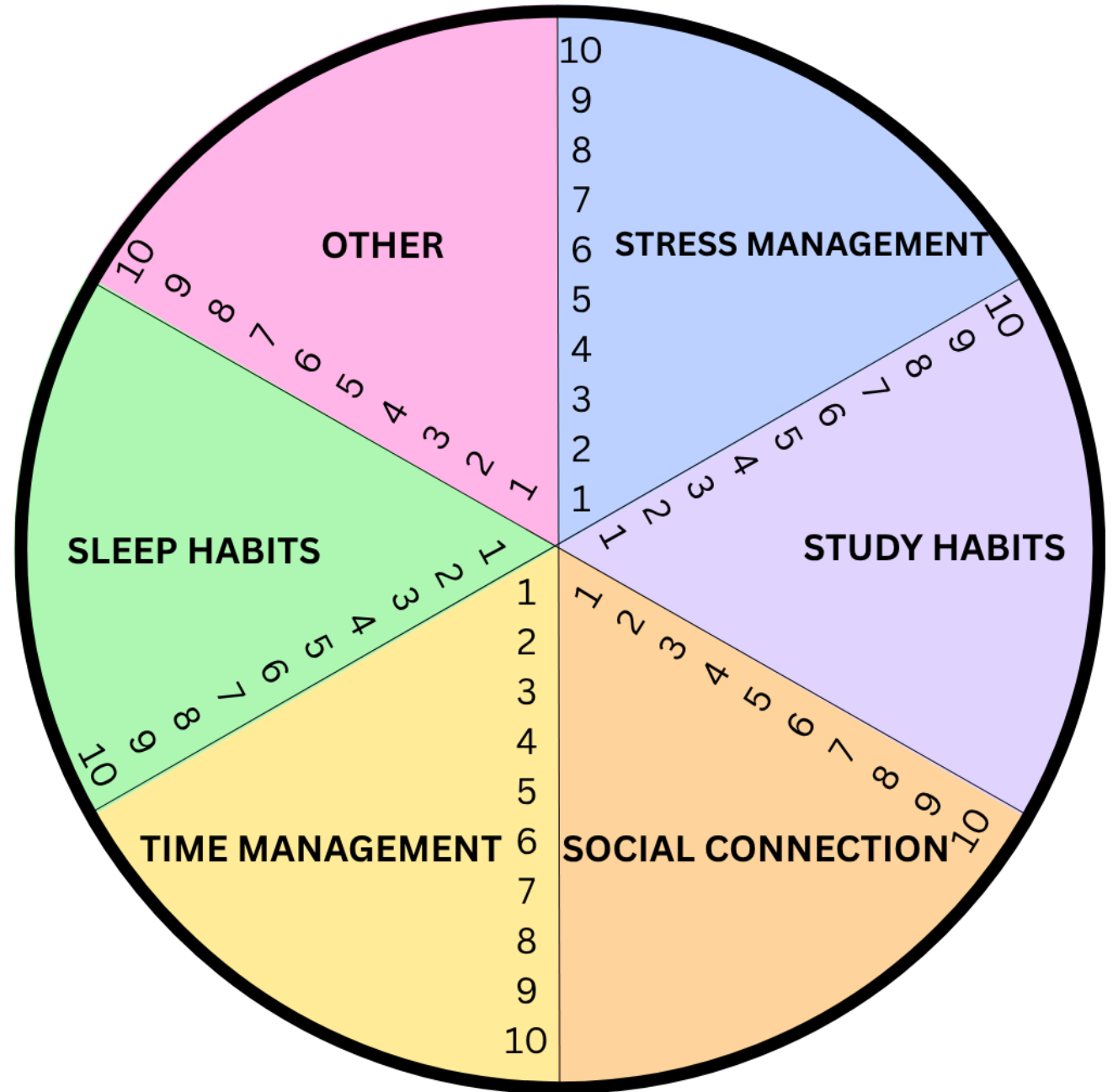
## Initial Appointment: 45 minutes

- Intake form
  - Student Agreement
  - Title IX
  - Connect
  - Explore
  - Set goals
  - Review and plan next steps

## Follow-up Appointment: 1 hour

- Prep form
  - Successes
  - Challenges
  - Opportunities
  - Use of coaching in appointment

# Wellness Wheel



# Collaboration Between Offices

- MOU
- Dual Supervision
- Splits time between physical spaces
- Trained in accommodations & testing procedures
- Wellness Coaching certified through health promotion office and uses procedures of wellness coaching appointments

# Data

- Fall '25 Finish the Semester Strong Appointments: **28**
- Spring '26 Initial Appointments: **80**
- Spring '26 Follow-Up Appointments: **30**
- Summer '26 Initial Appointments: **20\***
- Summer '26 Follow-Up Appointments: **17\***

\*As of June 23<sup>rd</sup>

# Quotes from Students

- "The framework we came up with is really helpful and really strong."
- "Every session has been helpful."
- "My accessibility specialist was right, you're like a weapon!"
- "This is the first time I have been caught up on all my work."
- "I was not only able to use the study strategies we discussed to get through my class, but I was able to use them for the next semester."

# Opportunities and Challenges of the Role

- Wellness Coaching program is already established
  - Training for certification
  - Resources and processes in place
- Navigating two offices
- Able to contribute health education viewpoint to disability office and vice versa

# Future of the Role

- Permanent Funding
- Expanding to add another Disability Health Promotion Specialist position
- Building out Health Education/Science branch of the office

# “Barrier Busting” Brainstorm

Discuss the following questions in small groups. After we'll share our ideas with the room.

- What are some common barriers students face when accessing wellness services?
- What partnerships could reduce those barriers?

# Session Evaluation

[tiny.cc/8zu1101](https://tiny.cc/8zu1101)

Thank you for attending!

Your feedback helps shape future programming.

