

# Health Coaching

## Need inspiration and support on your wellness journey?

Get a health coach on your side. Health coaches work with you one-on-one to empower you to achieve your self-determined well-being goals. Our coaches combine special training and knowledge with empathy and compassion to help improve your accountability so that you are successful.

### Our experienced health coaches can help you:

- Set goals and create action plans
- Identify your motivation for change
- Keep you on track
- Manage setbacks and challenges
- Manage stress and improve energy levels



**Presbyterian Members** are eligible for Health Coaching through The Solutions Group

Connect [here](#) with a coach,  
or email [wellness-sonm@phs.org](mailto:wellness-sonm@phs.org)  
for more information.

 **PRESBYTERIAN**