

Health Coaching FAQ

What is health coaching?

Health coaching provides a space to explore your behavior change goals and possible next steps to meet your individual needs and lifestyle. We aim to create sustainable and achievable action plans. Plus, health coaching is a free resource for all UC Berkeley students regardless of insurance!

Who should make an appointment?

If you are a UC Berkeley student and have identified an area that you'd like to work on but have been struggling to make change, health coaching may be for you.

What kind of topics does health coaching cover?

We focus on two areas: Wellness and Healthy Sexuality. Common Wellness Health Coaching topics include incorporating more physical movement in your life, procrastination and time management, and stress. Common Healthy Sexuality Coaching topics include sexual behaviors to improve your sexual health, sexuality, and sexual health concerns.

What should I expect from a health coaching appointment?

In the first appointment, we will explore what brings you in and you can expect to be guided through some questions about your health and what, if anything, you would like to change. We also provide some education and access to UC Berkeley resources. The appointments are for 45 minutes, and our conversations are confidential.

How do I prepare for an appointment?

To prepare for an appointment, reflect on how you are doing and what you would like to work on. This can be any area related to your health. Think about what you would like to get from your time in health coaching and your ideal outcome.

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Is there anything to keep in mind?

With behavior change goals, it is important to have lots of patience. While it may be easy to come up with a plan for behavior change, implementing it can take time and sometimes looks like a roller coaster ride.

Failure is a part of this process. It is natural to take some steps forward, and then a step backward. And having support can help greatly during this process. The key is to remember that you are on a journey to sustainable, lasting change, and that is not easy.

How long should I do health coaching?

Health coaching can be anywhere from one 45-minute appointment to three or four appointments on average.

Where can I get more information?

To learn more about health coaching at UHS, please visit uhs.berkeley.edu/healthcoaching.