



## Well-Being Highlight: Coaching Skills at Work

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GMHEC Well-being Program Coordinator Rebecca Schubert recently wrapped up a twelve week "Choosing Health, Choosing You" group at Middlebury, co-facilitated with fellow health coach Laura Wilkinson, and facilitated a modified six week program on her own at Norwich.

Prior to joining the Consortium, Rebecca Schubert spent almost ten years doing health coaching in primary care. She brought her knowledge, expertise and love of coaching to the faculty and staff of Middlebury College and Norwich University, and greatly enjoyed leading these two very successful group health coaching programs.

The purpose of the program is simple...to support and empower participants to optimize their well-being. The group provides a safe, nonjudgmental space for participants to develop their well-being vision, set goals and develop action plans. The group model supports connection and builds self-efficacy enabling participants to take action to make their vision of their well-being their reality.

The program starts by supporting participants to craft their personal well-being vision statement. From there, a variety of topics related to the psychology of behavior change are presented and discussed. Weekly reflective assignments are suggested which support implementation of the themes and support movement toward the personal well-being vision.

Feedback from group participants was overwhelmingly positive. Here's a snapshot:

- "This program was outstanding. Every week there were new lessons and take aways to guide a healthy life. It will live on with me for the rest of my life. I want to do it all over again. I think each time you'd get a deeper understanding." - Middlebury staff person
- "Knowing that others have the same self-care struggles empowered me to make the wellness changes that I needed." - Middlebury staff person
- "What I liked best was the friendly, comfortable atmosphere, non-judgemental and non-threatening." - Norwich staff person
- "I strengthened my willpower by using the "I will/I won't/I want exercise." - Norwich staff person



- “I have implemented new habits that will move me toward my well-being vision.” -  
Norwich staff person

If you'd like to learn more about “Choosing Health, Choosing You”, reach out to Rebecca at [rebecca.schubert@gmhec.org](mailto:rebecca.schubert@gmhec.org). She'd love to hear from you and have the opportunity to support your journey toward optimal well-being.

Rebecca Schubert, MS RDN NBC-HWC

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