GROUP HEALTH COACHING

Bring together a group of eight or more and an OSU Health Coach can visit your department in-person or online via webinar. Session time can be modified per group availability from 20-45 minutes. Choose one of the groups below. Additional topics available upon request.

ACTIVE LIVING

Working Out at Work (four-week series): Trying to find the time to fit in exercise while juggling our hectic schedules can be overwhelming. Fortunately, all you need is a few minutes and little to no equipment to make it happen right during the work day. We can also incorporate quick, 10-minute exercise sessions during our time together.

Build Your Own Exercise Routine (four-week series): We will discuss different ideas to help you build a custom workout program. Learn about creating a plan to get the results you desire.

Seasonal Series (four-week series): A change in seasons can mean a change to your workout and food choices. Learn ideas on how to switch up your routine and keep up motivation as the weather changes throughout the year with our Winter Well-Being, Spring Into Wellness, Summer Shape Up or Fall Into Fitness series.

EMOTIONAL WELL-BEING

A Balanced Me (four-week series): With our busy lives it can be difficult to manage time and enjoy things in the moment. This series will focus on identifying your values and finding purpose as well as learning time management techniques to help balance the “must do’s” with the “want to’s.”

Relax to Recharge (four-week series): Interested in learning how to practice different relaxation skills such as mindfulness meditation, guided imagery and progressive muscle relaxation? These techniques are a quick and easy way to relax for a few minutes each day.

Discovering Happiness (four-week series): Happiness is a skill that you can build with consistent practice! Learn some practical happiness-boosting strategies that you can implement into your own life. We will discuss themes such as gratitude, social connections, and more.

HEALTHY EATING

Meal Prep for Success (six-week series): Each session is designed to help you on your food preparation journey. We will begin with a few tips and tricks for those who are just starting out. Without overwhelming you with information, this series will help guide you through the stages of developing a great routine!

Find Your Happy Weight (six-week series): Develop a personalized plan for success. We will share strategies during the six-week series to support life-long habits related to nutrition, physical activity and weight management.

Tracking Your Weight Loss Adventure (six-week series): Logging in a food journal is one of the most powerful ways to successfully sustain weight loss. As part of this group, participants will track their food and exercise daily for six weeks. The health coach will view your journals on a weekly basis to help you meet your goals.

To join a university-wide group online, visit https://linktohealth.osu.edu and click on Group Health Coaching.

To schedule a group health coaching series at your department, email Laura.Peterson@osumc.edu or call (614) 688-5509
Group Health Coaching Incentive Points

**Health Coaching Surveys**
Complete both the pre and post group health coaching surveys.

250 Points Annually

**Sessions**
Complete the group health coaching series via webinar or in-person.

1,000 Points Quarterly

**Enrollment**
Attend one or more individual health coaching sessions after the group health coaching series.

1,000 Points Annually