

## Informed Consent

### Wellness Coaching

Wellness coaching is a way for you to reach your goals and create the life you want. It gives you an opportunity to explore your strengths while focusing on your health and wellbeing. Wellness coaching lasts about 45-50 minutes and the number of sessions depends on the individual needs of each student. Wellness coaching is a confidential service available to all UNI students, covered under the mandatory health fee.

Wellness coaching is not a replacement for counseling.

Counseling	Wellness Coaching
Licensed mental health professionals qualified to assess, diagnose and treat mental health concerns.	Graduate students and professional staff trained in wellness coaching.
Utilize a variety of therapy models to assist the client in reaching their goal.	Use motivational interviewing and individual strengths to support and empower the student in reaching their goal(s).

### Assessment

Wellness coaches utilize a strengths assessment developed through the VIA Institute on Character, which is a free resource found at <http://www.viacharacter.org/www/Character-Strengths-Survey>. Students are expected to complete the assessment prior to the first appointment with the coach. The coach reviews the assessment before meeting with the student and refers to the strengths throughout the coaching process.

The eight dimensions of a wellness model are also utilized (intellectual, emotional, spiritual, environmental, financial, occupational, social, and physical) to assess which wellness dimension(s) the student's goal will address.

### Confidentiality

If you have been referred by the UNI Counseling Center, Student Health Clinic, or other campus department, information may be shared to coordinate your services. Consultation with other trained wellness coaches about your case may occur if needed. Data and written comments from wellness coaching pre and post assessments may be used for publication but will be anonymous.

In the case that you would disclose signs of abuse, sexual assault, harm to self, or harm to others, wellness coaches are obligated to report this to someone who is professionally qualified to respond. Information on safety resources are found at [safety.uni.edu](http://safety.uni.edu).

### **Responsibility of the Student**

1. Students will complete both the pre-assessment and the VIA strengths survey.
2. Students commit to showing up to their scheduled time of appointment and allow adequate time to cancel appointments if necessary.
3. Students will work to create personalized wellness goals
4. Students will keep confidentiality of other students who are in the Student Health Center.
5. Students will notify their coach when they discontinue the service and complete a post assessment(s) sent to them by their coach.

### **Responsibility of the Wellness Coach**

1. Coaches will work to the best of our ability to help you as a student reach your personal goals and know when to refer out to other services when necessary.
2. Coaches will ensure a professional working relationship with each student through keeping confidentiality and maintaining appropriate boundaries.

### **Equal Opportunity**

Student Wellness Services seeks to offer equal opportunity to all individuals and does not discriminate on the basis of ability; age; cultural identity; ethnicity; family educational history; gender identity and expression; nationality; political affiliation; race; religious affiliation; sex; sexual orientation; economic, marital, social, or veteran status; or any other basis included in institutional policies and codes and laws. If students feel as though this standard is not being met, they may contact Leah Gutknecht, Assistant to the President for Compliance and Equity Management, Office of Compliance and Equity Management, 117 Gilchrist Hall, UNI, Cedar Falls, IA 50614-0028, 319-273-2846, [leah.gutknecht@uni.edu](mailto:leah.gutknecht@uni.edu).

Individuals with disabilities are encouraged to attend all UNI-sponsored programs. If you are a person with a disability who requires reasonable accommodation in order to participate in this program, please contact Student Accessibility Services at [accessibilityservices@uni.edu](mailto:accessibilityservices@uni.edu) or Student Wellness Services at [wellness@uni.edu](mailto:wellness@uni.edu) at least one week prior to the appointment.

### **Risks and Benefits**

With any type of coaching relationship, there is potential that the student may not progress, have a need for support outside of the coach's abilities, or is dissatisfied with the service provided. However, coaches are committed to providing the best support possible and desire that each student is able to reach their full potential through a utilization of their strengths and behavior changes to reach their desired goals. Students may increase self-awareness and self-knowledge, achieve personal and academic goals, initiate and sustain wellness behaviors, have an increased sense of life satisfaction, purpose and meaning, and experience increased self-efficacy.

Students are encouraged to speak with Angela Meeter, Associate Director of Student Health and Wellness, (319) 273-3423 or [angela.meeter@uni.edu](mailto:angela.meeter@uni.edu) with comments or concerns about the coaching process at any time.

**Name/Signature** \_\_\_\_\_ **UNI ID#** \_\_\_\_\_

**Date** \_\_\_\_\_