Aggie Wellness Coaching 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. On average, wellness coaching lasts about 45 minutes for 3-4 appointments, depending on the individual needs of each student. It is free to all enrolled Texas A&M students. Wellness coaching is not a replacement for counseling. Wellness coaches can provide you a list of available resources if needed.

<table>
<thead>
<tr>
<th>Counseling</th>
<th>Nutrition Counseling</th>
<th>Personal Training</th>
<th>Wellness Coaching</th>
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</thead>
<tbody>
<tr>
<td>Licensed mental health professionals qualified to assess, diagnose and treat mental health concerns.</td>
<td>Licensed Registered Dietician has met the strict educational and experiential standards set forth by the Commission on Dietetic Registration (CDR) of the Academy of Nutrition and Dietetics (AND)</td>
<td>Certified personal trainers qualified to prescribe and lead one on one workouts with their clients.</td>
<td>Professional staff members trained in wellness coaching</td>
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<td>Utilize a variety of therapy models to assist the client in reaching their goal.</td>
<td>They may explain nutrition issues to clients, assess the dietary and health needs of clients, develop meal plans for clients, and gauge the effects of these meal plans.</td>
<td>Use a variety of exercise science background knowledge to program a workout plan.</td>
<td>Use motivational interviewing and individual strengths to support and empower the student in reaching their goal(s).</td>
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Confidentiality
If you have been referred by the Counseling and Psychological Services, Student Health Services, or other campus department, information may be shared to coordinate your services. Consent will be acquired from you before your information is shared. 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. Consultation with other trained wellness coaches about your case may occur if needed. Data and written comments from wellness coaching and pre and post assessments may be used for publication but will be anonymous.
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 (>24 hours) to cancel appointments if necessary.
3. Students will work to create personalized wellness goals
4. Students will complete the post assessment sent to them by their coach, when they finish their sessions.
5. If the student no calls, no shows once, a reminder will be sent to the student about wellness coaching protocols. If the student no calls, no shows twice, they will be removed from the program.

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, maintaining appropriate boundaries, and establishing no romantic contact.

Assessment
Wellness coaches utilize a strengths assessment developed through the VIA Institute. 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.

Equal Opportunity
Student Wellness Services seeks to offer equal opportunity to all individuals and does not discriminate based upon race, gender, age, or disability or any other topic covered by State or Federal Law and is in line with Title IX. If students feel as though this standard is not being met, they may contact Jennifer Smith, JD, Title IX Officer, at 979.458.8407 or civilrights@tamu.edu. If you are a person with a disability who requires a reasonable accommodation in order to participate in this program, please contact Disability Resources at disability@tamu.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 Miranda Price, at mprice@rec.tamu.edu, with comments or concerns about the coaching process at any time.