

Whole Health Coaching (Well Being Program)

Health Coaches can assist you in developing a *Personalized Health Plan (PHP)* designed to address your unique priorities and values, as well as your clinical health goals.

Coaches can help you identify goals that support change in:

- Movement
- Nutrition
- Weight Loss
- Stress Management
- Sleep Quality
- Spirituality
- Personal and Professional Growth
- Relationships

Appointments are offered virtually or by phone.

Contact a Coach:

Fairview: 503-220-8262
ext. 55699
503-660-0716

Hillsboro: 503-220-8262
ext. 50536

Portland: 503-220-8262
ext. 52144
ext. 54612

Salem and Bend:
971-304-2216
971-304-2250

West Linn: 503-210-4920

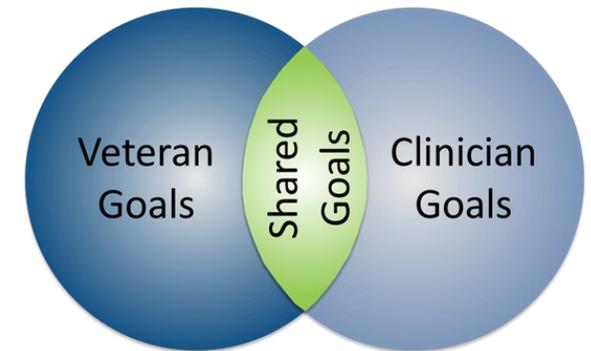
Vancouver: 503-220-8262
ext. 34736
ext. 34410
ext. 39018
ext. 55686

Women's Groups: 503-220-8262 ext. 34410

Secure Messaging:

Whole Health Coaches

Whole Health Coaches Groups and Individual Coaching



Providing support to develop and achieve a Personal Health Plan based on shared goals

VA



U.S. Department of Veterans Affairs
Veterans Health Administration
VA Portland Health Care System

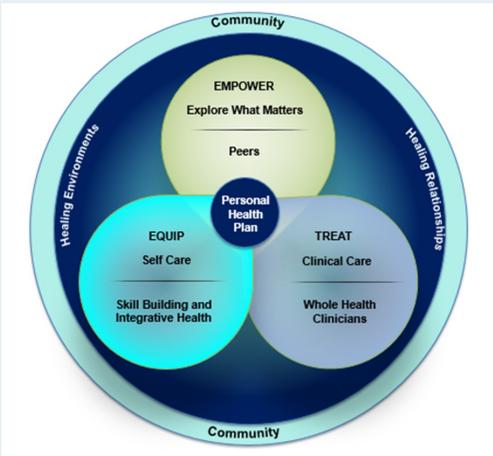
Whole Health System

Three key parts of the Whole Health System:

Empower Veterans through the *Pathway Groups*

Equip Veterans with skill building and *well-being programs* such as coaching

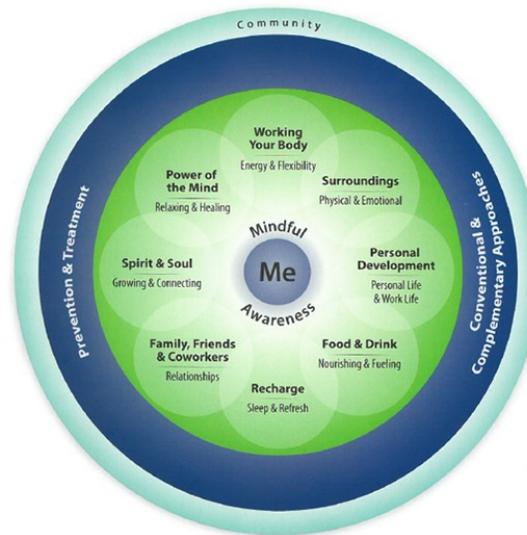
Treat Veterans with *integrative and clinical care*



The key parts of the Whole Health system work together to develop and achieve the Veteran's own unique **Personal Health Plan**

Components of Proactive Health and Well-Being

A visual representation of all that Whole Health encompasses, also known as the *Circle of Health*.



Components include:

Moving the Body
Surroundings
Personal Development
Food & Drink
Recharge
Family Friends & Coworkers
Spirit & Soul
Power of the Mind

Coach Facilitated Group Offerings

Pathway: Introduction to Whole Health

This two hour class provides broad information about Whole Health in the VA system. This information is necessary to participate in groups and individual coaching.

Pathway: Taking Charge of My Life and Health (TCMLH)

This nine session group series is designed to help you explore what matters most, create an action oriented SMART goal and begin to develop your PHP.

Well-Being: Skill Building courses

Independent sessions to help you explore your Mission, Aspiration, and/or Purpose along with building skills around each of the self-care domains on the Circle of Health.