

## 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

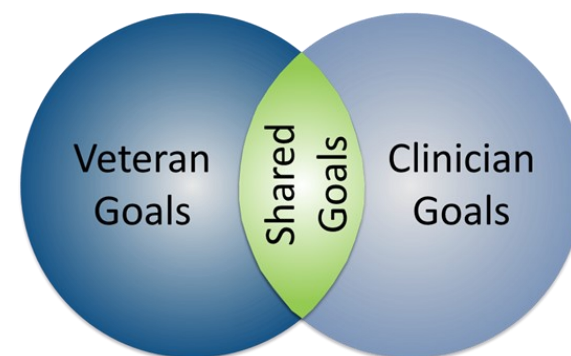
**Women's Groups:** 503-220-8262 ext. 34410

**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

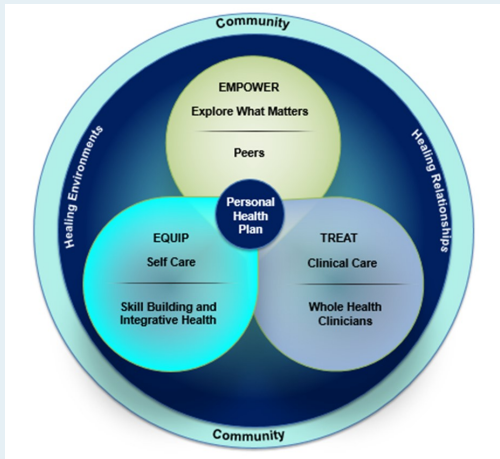
## Whole Health System

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

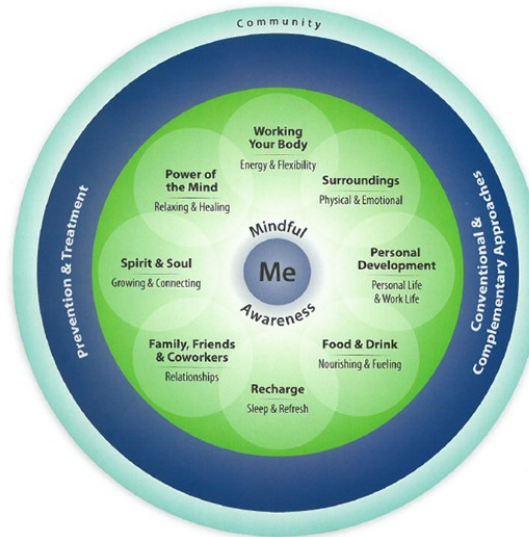
**Treat** Veterans with *integrative and clinical care*



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.