I am a Registered Nurse and am completing my practicum for certification as a Nurse Coach. I am offering ***free*** coaching over the next several weeks.

I am asking for a commitment of 4 sessions. Each session will be for 20-60 minutes in person or via an online platform.

What is a Nurse Coach?

A nurse coach is a registered nurse who has additional education and practice in developing the skills and presence needed to promote health enhancing changes.

You may be interested in exploring the benefits of working with a nurse coach if:

-you are interested in improving your health through habit change

-life challenges and uncertainty are impacting your health

-you are facing chronic health challenges such as type 2 diabetes or hypertension

-you want to feel more empowered as you navigate the health care system

It is recommended to avoid coaching friends or family so many UUs here may not be a good fit for me. But if we don't really know each other well or you have a friend or family member who might be interested, have them contact me. Also, if you are interested in participating but would not be eligible or comfortable working with me, I have fellow students from all over the country who could meet you (also for free!), via the web (facetime or zoom, etc.).

Thanks,

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