

UB students, do you struggle with...?

- Academic Success
- Time Management
- Stress Management
- Sleep Habits
- Active Living
- Eating Habits
- Social Connections
- Financial Wellness

Wellness Coaching can help!

The UB Wellness Coaching Program seeks to help students define specific goals related to their overall health and wellness, and to identify and implement actionable steps to achieve their goals.



"It's a very calm, no-pressure environment where the coach cares about your situation and wants to help you. You get to choose what you are going to do about your problems, and the coach is there to help you brainstorm and hold you accountable."

94% of participants agreed, "Meeting with the Wellness Coach helped me develop strategies to meet my wellness goal."

Wellness Coaching services are free to students who are currently registered for classes. Coaching sessions are virtual at this time. Starting in Fall 2021, students will have the option of meeting with a coach in-person or via video conferencing platforms or by phone.

For more information or to schedule an appointment, go to <http://buffalo.edu/studentlife/goals>