

TriHealth Wellbeing Coaching

FREE for Xavier Students!

Take advantage of free, one-on-one sessions with
Kaity Rowe, TriHealth Wellbeing Coach

What is Wellbeing Coaching?



Targeted Goal-Setting

Identify short- and long-term goals to create the habits and behaviors that improve overall wellbeing and quality of life.



Step-by-Step Approach

Changing habits is tough. Create a specific and realistic weekly plan that breaks down your goals step-by-step.



Strategies to Overcome Barriers

Think through potential obstacles that might throw you off-course and how to effectively work around them.



Accountability & Collaboration

A wellbeing coach is a partner in health who is equipped with the knowledge and resources to help students thrive.

Interested?

If you would like to learn more or schedule a session, please contact Kaity:

Email: rowek3@xavier.edu | Phone: 513 745 3171