



Jennie's Tips

Continuum
◆ Well Being

Jennifer Wall, LMHP. Continuum's Wellness Coach-Jennie is a licensed mental health counselor with Continuum EAP. She has over ten years experience as a counselor. In her capacity as a counselor, Jennie helps people identify goals, obstacles, and strategies for achieving goals. Jennie's counseling style focuses on utilizing personal strengths and obtaining and maintaining a life balance.

Jennie is passionate about wellness. Jennie has focused her own life around building and maintaining a healthy lifestyle. In her career, she focuses on mental health. Personally, she focuses on nutrition and physical health.

Jennie has been able to experience the benefits of living a healthy lifestyle. She has also discovered that being part of another person's transition to a healthier, more balanced lifestyle is inspiring. Jennie has felt privileged that she has been able to use her coaching skills to help people achieve their own personal goals of a healthier, more balanced lifestyle.

What is Wellness Coaching?

When we think of wellness most of us think about diet and exercise. However, wellness is more than those two areas. Wellness also encompasses career, family, friends, finances, recreation, stress management, and spirituality.

When you decide to utilize a wellness coach what you are getting is a confidential partnership between you and a wellness coach with the goal of helping you achieve your wellness goals. The decision to utilize a wellness coach typically occurs when you are ready to make a change in your life and you can see how your life will improve if you are truly well, but you have not yet succeeded on your own.

What your goals are depends upon you because wellness coaching is client driven. Being client driven means that the client identifies where they are, where they want to be and how they will get there. A wellness coach will assist the client in finding the answers. When you partner with a wellness coach you get assistance in assessing your wellness, setting goals, and looking at possible barriers to success.

-Jennie