

Wellness Coaching with a School or District Partnership

GETTING STARTED:

Head to this [link](#) to sign up

Choose a coach from the [edwell coach gallery](#).

Schedule a session via our [coaching platform](#)

YOUR FIRST SESSION:

Take the [Wellbeing Inventory](#).

Meet your coach via our [coaching platform](#)

Give us your feedback on the session

CONTINUING COACHING:

Schedule up to 12 sessions with your coach

Set your goal for the coaching cycle

Re-take the [Wellbeing Inventory](#) to track progress

