

# Health & Wellbeing Coaching

## About Us

A division of the Nebraska Safety Council, WorkWell provides wellness related resources to organizations to help employees achieve optimal wellbeing. The Nebraska Safety Council and WorkWell have more than 70 years combined experience with Nebraska organizations to promote workplace health and wellbeing. We support the Total Worker Health™ program, helping organizations integrate occupational health, safety and health promotion. The result is a comprehensive strategy focused on all aspects of a person's wellbeing.

## Our Model

Our healthy coaching method is a goal-oriented, client-centered counseling style for eliciting life-long behavior changes by helping our clients find intrinsic motivation to reach their goals. Our health coaching approach does not involve preaching, judging, advanced meal planning or personal training. We strive to be supportive, motivating, and educational. We do this by encouraging individual accountability and empowerment while on their wellness journey.

## Action Steps

We develop SMART goals with each client and provide action steps to help them achieve goals. We don't limit goals to just physical health, but rather focus on overall wellbeing and other factors that are influencing the participant and keeping them from living a healthy lifestyle. Each client is provided the resources, encouragement, and education to be successful.

*\*All HIPAA, ACA, and GINA rules are followed by WorkWell and WorkWell Coaches/Consultants*

Plan Direction Collaborate Trust  
Awareness Wellbeing Goals Education Choices  
Support Actions Journey Guidance

# Coaching Tools

## StartMyVia

StartMyVia is our WorkWell developed web portal where employees are able to:

- View session goals, overall goal, and action steps determined during the health coaching session.
- View their risk factors quick assessment completed during the health coaching session.
- Send and receive messages directly to their health coach between coaching sessions.
- Complete a PAR-Q (Physical Activity Readiness Questionnaire) if they are looking to increase their activity.
- View pervious biometric data from health screenings.
- Sign up for their health coaching session time slot.
- My Physician Report

## WorkWell Developed Handouts

WorkWell has developed handouts on a wide range of health and wellness topics as well as high risk areas commonly found to be barriers to living a healthy lifestyle.

## Coaches Bios



### Nicole Osborne, MS, CWPC, CHC

Nicole is an alumni of Nebraska Wesleyan University where she earned a Bachelor's of Science in Health and Fitness Studies. After graduating from NWU, Nicole worked as a Health Coach/Program Manager for the Centers for Disease Control's National Healthy Worksite Program in Saint Joseph, MO where she had the responsibility of developing wellness programs and organizational program infrastructure for 19+ companies. Nicole is a certified Diabetes Prevention Educator, and is trained as a health coach using the mindfulness method.

Nicole holds a Masters of Health Promotion Management from Nebraska Methodist College.



### Kelsey Fincham, BS, EP-C, Certified Health Coach

Kelsey is a Certified Personal Trainer through the American College of Sports Medicine and has five years of experience as well as a Certified Health & Wellness Coach for the past 2 years. While living in Wichita, KS, Kelsey was a Healthy Lifestyle Coach and was contracted into Spirit AeroSystems for two and half years. While at Spirit AeroSystems, Kelsey assisted in creating and promoting a lifestyle based premium incentive, developed corporate challenges, led stretch leader training, and conducted interactive wellness workshops for their employee population Kelsey was most recently the Director of Corporate Coaching for the Greater Wichita YMCA, developing, managing and assisting 20+ companies in the Wichita area with the Healthy Lifestyle Coaching program, Corporate Challenges, Interactive Wellness Workshops, marketing materials, and oversaw the Healthy Lifestyle Coaching staff.

Kelsey holds a Bachelors of Science in Kinesiology from Kansas State University

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