

WELLBEING POST-ASSESSMENT

The following assessment will need to be completed after your final coaching session and e-mailed directly to your wellbeing coach.

Name: _____ EWU ID #: _____

Quarter: _____ Year: _____

Below are broad areas of health.

Please check the box next to the number that you feel best describes you for each area.

	Very Unhealthy	Somewhat Unhealthy	Somewhat Healthy	Very Healthy
Physical Health	1	2	3	4
Social Health	1	2	3	4
Emotional Health	1	2	3	4
Spiritual Health	1	2	3	4
Intellectual Health	1	2	3	4
Financial Health	1	2	3	4

For the statements below, please use the following scale:

1- Strongly Disagree 2- Disagree 3- Neutral 4- Agree 5- Strongly Agree

Coaching helped me create a vision of my healthiest self.	1	2	3	4	5
Coaching helped me set realistic, step-by-step goals.	1	2	3	4	5
Coaching helped me find my own personal strengths and understand how to use them to elicit change.	1	2	3	4	5
Coaching helped me find my internal motivation to make change.	1	2	3	4	5
Coaching helped me achieve my overall goals.	1	2	3	4	5
I would recommend wellbeing coaching to my friends/classmates/roommates.	1	2	3	4	5

Below are some statements on feelings and thoughts.

Please select the answer that best describes your experience of each statement within the **last two weeks**.

STATEMENTS	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling optimistic about the future					
I've been feeling useful					
I've been feeling relaxed					
I've been feeling interested in other people					
I've had energy to spare					
I've been dealing with problems well					
I've been thinking clearly					
I've been feeling good about myself					
I've been feeling close to other people					
I've been feeling confident					
I've been able to make up my own mind about things					
I've been feeling loved					
I've been interested in new things					
I've been feeling cheerful					

Please describe any changes in your personal health behaviors:

Please describe your experience with wellbeing coaching in your own words:

Comments or suggestions for your coach:
