



July 6, 2026

To Whom it May Concern,

Expert Coach Center is launching a coach training cohort specifically for individuals working in higher education who support students in their health and wellness all year long. We are excited to invite your team to join us this fall! Over the past couple of years, we have worked with university staff to enhance their coaching skills to positively impact student outcomes, both personally and academically. These participants were woven into our regular coaching cohorts, alongside those working in healthcare, social services, employee wellness, or entrepreneurs creating their own coaching practice. What we've learned is that coaching young adults in a higher education setting is a specific niche within the field of coaching and it deserves its own programming. This fall semester, we're doing just that!

The people who hold campuses together — the wellness coordinators, health educators, academic and career advisors, mental health counselors and recreation staff — deserve the tools, strategies, and coaching foundations to do their job with the utmost confidence. They care deeply and are typically stretched thin, and what I keep hearing is that they want practical tools that turn good intentions into real change for the students who lean on them every day. They want a coaching structure that works across student profiles and scenarios, but also aligns with the institution's values. This is exactly why we created a 12-week cohort-style program specifically for those in the field of higher education.

Your staff will gain evidence-based skills they can use immediately with students. Our cohort is designed around real conversations rooted in motivational interviewing skills. Coaching helps students move from "I know I should" to actually doing it. Common topics are stress management and self-care, sleep hygiene, time management and organization skills, fitness and nutrition basics, and decision making, particularly around risky behaviors. Participants will also learn the important art of knowing when to coach and when to refer to clinical support. This ensures students are getting the right level of support.

Wellness coaching programs also lead to higher retention rates. Students not only stay, but they thrive along the journey. When students feel genuinely supported, they're far more likely to show resilience and stick with what they started. Wellbeing struggles are one of the biggest reasons students leave a higher education program before finishing. Providing your staff with a coaching toolkit is one of the kindest, and smartest, investments you can make for your students.

Beyond the skills, your team leaves knowing how to build and sustain a coaching program in-house, with ready-made tools and templates. On a professional level, graduates of our program are eligible to sit for the National Board for Health and Wellness Coaching (NBHWC) certification exam. This shows an investment in the professional development of higher education employees.

Details for the Fall 2026 cohort:

- Required live sessions are held for 12 consecutive weeks beginning Wednesday, August 19th from 9am-12pm cst
- \$2,500 per participant for teams of 3 or more (\$2,750 individually)
- Seats are limited; enrollment closes August 13th
- ***BONUS: A copy of the Coaching Psychology Manual delivered right to campus.**

Don't hesitate to reach out with any questions. I'd genuinely love to hear what you're working on, and I'm happy to hop on a call to discuss specific details of how we can support your programming goals.

Ready to enroll? Use the links below to enroll individual participants or groups of 3 or more.

Individual Enrollment for \$2,750:

<https://www.expertcoachcenter.org/offers/FK2NXVXw>

Group Enrollment of 3 or more for \$2,500: (enroll each person individually using this link)

https://www.expertcoachcenter.org/offers/FK2NXVXw?coupon_code=UNIVERSITY250

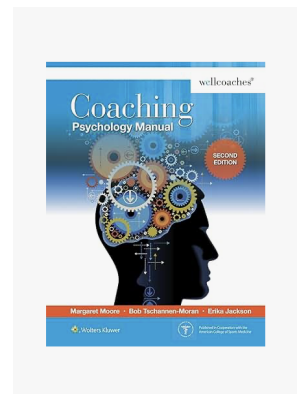
If this just isn't the right season for your team, I completely understand. I'll happily save you a spot for a future cohort so you don't miss out down the road. Complete this form to be added to future communication regarding upcoming higher education cohorts: [Click Here](#)

I look forward to hearing from you!

Sincerely,

Holly Miller, CHES, NBC-HWC
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***Resource delivered directly
to campus:**



Expert Coach Center Participant Testimonials:

“I participated in the Expert Coach Center Health and Wellness Coach training and found it to be an excellent program. The instructor is highly knowledgeable and has created a well-structured, efficient, and thorough course. I enjoyed the asynchronous work throughout the program and particularly valued the synchronous class meetings, where we were able to practice and refine the coaching skills we were learning.

As I continue my work in higher education public health promotion, I am excited to apply these coaching skills within our campus community. I anticipate using the knowledge and techniques gained through this program to support students, faculty, and staff in achieving their personal and professional wellness goals. This training has provided valuable insight, practical experience, and confidence, enhancing my ability to serve others through a coaching approach. I am grateful for the outstanding preparation and expertise provided through this program.”

Jennifer Goree, Director of Student Well-Being and Prevention Initiatives, Clemson University

“This coaching program was a truly impactful experience. What stood out most was the intentionality of the instructors—they took the time to understand each participant’s goals, including our specific populations of interest and the wellness topics we were most passionate about. That level of care made the learning feel deeply personalized rather than one-size-fits-all. Because of this, the course wasn’t just informative—it was purposeful.”

McKenzie McNamara, Director of Student Wellness, University of Texas- Dallas

“I completed the Health and Wellness course at Expert Coach Center, and the experience exceeded all my expectations. The course content was comprehensive and well-structured, covering every aspect of coaching I needed to become confident and proficient in my practice. The teaching methods were highly engaging, with a perfect blend of theoretical knowledge and practical application.

One of the highlights was the mock coaching sessions, which provided invaluable hands-on experience. These sessions allowed me to practice real-life coaching scenarios in a supportive environment, helping to build my skills and confidence. The instructor feedback was detailed and constructive, offering personalized insights that were instrumental in my growth as a coach.

The support from the Expert Coach Center team was exceptional. From timely responses to queries to additional resources and guidance, they were always there to ensure that I succeeded. The sense of community and encouragement was strong, making the learning journey enjoyable and enriching. I highly recommend Expert Coach Center to anyone looking to become a highly qualified Board Certified Health and Wellness Coach. The combination of high-quality content, excellent teaching methods, practical experience, and outstanding support makes it an unbeatable choice for aspiring coaches.”

Erica Cole

“My experience with Expert Coach Center has been transformative in my professional life as well as in my personal life. The course content is comprehensive and up-to-date, covering all essential aspects of health and wellness coaching. The mock coaching sessions were incredibly valuable, providing hands-on practice and real-time feedback from experienced instructors. Their constructive feedback and personalized support helped me refine my coaching skills significantly. Holly's dedication and commitment are remarkable, and their genuine care made me feel supported throughout the entire program. I highly recommend ECC to anyone looking to be a coach.”

Glenis Daly