



@ivytechwellandfit

“The groundwork for all happiness is mental and physical health.”

[WWW.IVYTECH.EDU/WELLANDFIT](http://www.IVYTECH.EDU/WELLANDFIT)



ABOUT ME

Amy Lutzel is the Ivy Tech Evansville Wellness Director, a certified personal trainer, and wellness coach. She graduated with a master’s degree in Student Learning and Wellbeing and has completed several mental health certifications. She has worked at Ivy Tech since 2013. She is eager to help empower you to meet your wellbeing goals.

CONTACT FOR MORE INFO

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WELLNESS COACHING



Welborn Foundation
Wellness & Fitness Center

GOAL-SETTING & ACCOUNTABILITY



“YOU CAN’T POUR FROM AN EMPTY CUP. TAKE CARE OF YOURSELF.”

WHY COACHING?

Wellness coaching focuses on overall well-being, including physical, mental, emotional, and even spiritual health. The idea is to empower you to set realistic goals incorporating the nine areas of wellness so you can live a more balanced, fulfilling life.

Scheduling appointments with a wellness coach will provide you with an accountability partner to help keep you moving toward your goals. (In order to keep you on track, we recommend meeting bi-weekly.)

USING POSITIVE PSYCHOLOGY & MOTIVATIONAL INTERVIEWING TO PROMOTE BEHAVIOR CHANGE



NINE AREAS OF WELLNESS

Physical

- Physical activity, nutrition, stress management, and sleep
- Wellness vision

Financial

- Managing financial stress by creating small goals

Occupational

- Positive career path
- Work/Life Balance
- Exploring personal strengths

Creative

- Exploring creative outlets and new hobbies as healthy coping tools

Intellectual

- Managing school/life balance
- Challenges as opportunities
- Creative ways to shape your mind

Emotional

- Loving yourself, positive affirmations, regulating emotions, finding humor

Social

- Healthy relationships, boundaries, dealing with conflict, building a social network

Spiritual

- Compassion, empathy, forgiveness, finding your purpose; meditation/prayer

Environmental

- Creating healthy and safe surroundings



FREE SERVICE TO IVY TECH STUDENTS

- Supporting you on your academic and personal journey to help you succeed
- Meeting you where you're at in a safe, non-judgmental environment

ENHANCING BODY, MIND & SPIRIT

