

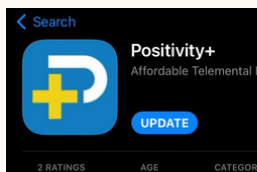
Life Coaching 101: How to Begin Your Life Coaching Journey

STEP 1:

Complete an intake session with Student Wellness.
Contact them at: studentwellness@cuw.edu to schedule an appointment

Step 2: Download the App

Go to the App or Google Play store and download the app called **Positivity +**



Step 3: Create an Account/Sign In

Select the option "**create an account.**" Fill out the required fields **using your CUW email.**



Once you have made an account, sign in with your email and new password.

Step 4: Wait for Life-Coach Pairing

You will receive an email from kari.metts@cuw.edu noting who your Life Coach will be within 24-48 business hours of your intake session.

Step 6: Meet With Your Life Coach

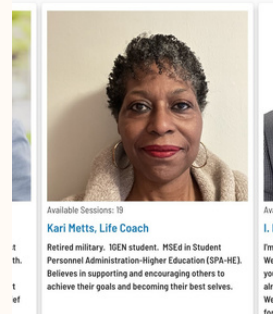
On the day and time of your reserved appointment, log back onto the Positivity + App to start your life coaching session with your life coach!

Feel free to email your assigned coach or Student Wellness with any other questions or concerns.

Step 5: Schedule a Session

Once you are assigned a life coach, scroll through life coaches listed on the main page of your Positivity + App until you find yours.

Click on their picture to assign them as your life coach.



Click "Schedule a new session."



Scroll through available session times and select "Reserve" for a meeting that aligns with your schedule.

