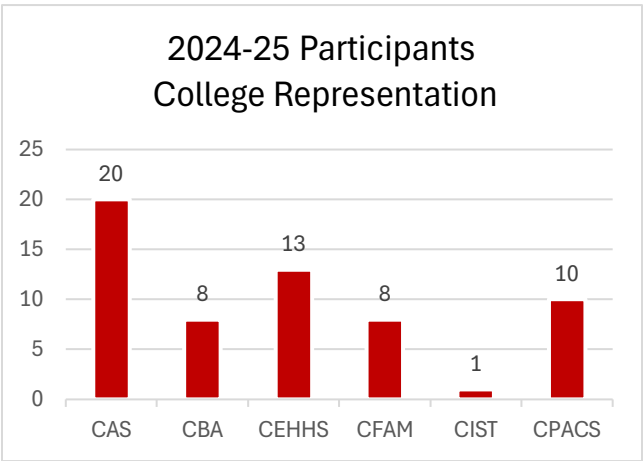
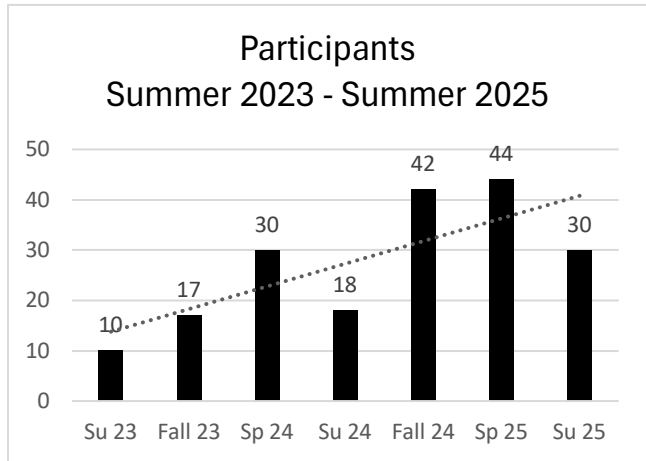


**Faculty Wellness Coaching
Summary 2024-25**

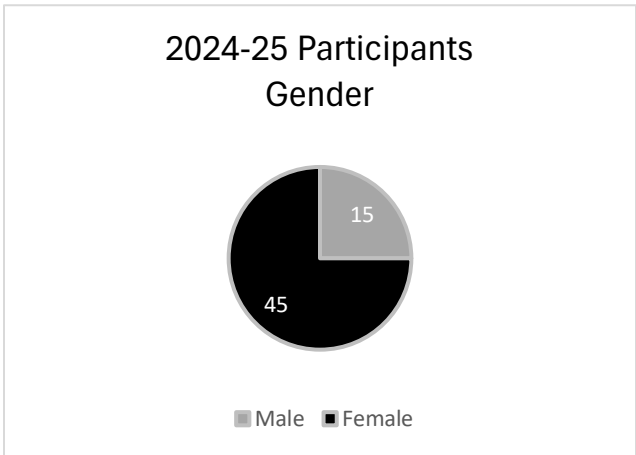
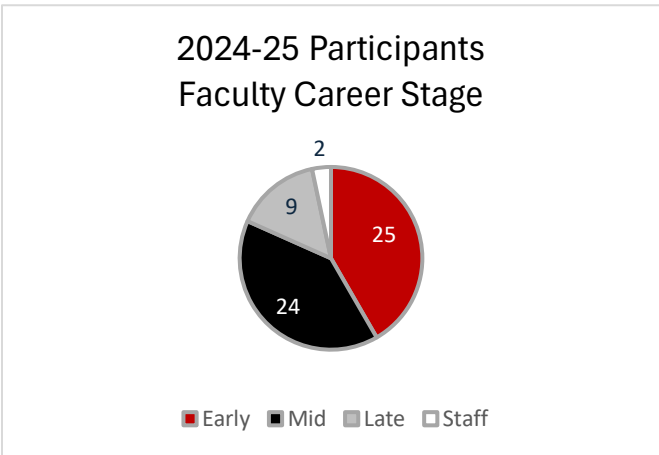
The Faculty Wellness Program completed its second academic full year in 2024-25. Faculty Wellness Coaching offers up to five free, confidential coaching sessions per semester to full-time faculty and extended to staff on a limited basis.

Coaches include Monica Blizek (contracted employee), Brigitte Ryalls (faculty member in the Psychology Department, and Nancy Edick (emeritus dean from the College of Education, Health, and Human Sciences. The Center for Faculty Excellence provides administrative oversight and infrastructure support.

Interest and participation in the program continue to grow. In total, 60 individuals (58 faculty and 2 staff members) from across UNO’s six colleges participated in coaching (up from 37 individuals in 2023-24). On average, they met with their coach four times, many of them across multiple semesters.

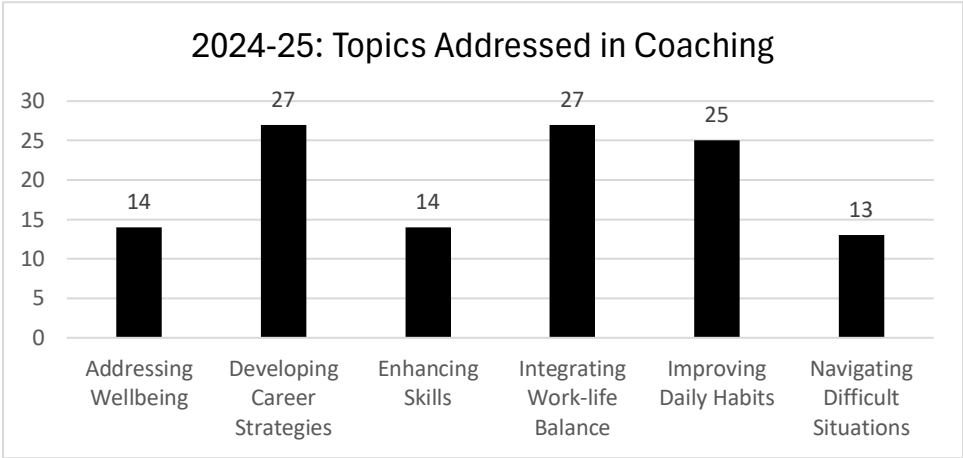


Faculty Wellness Coaching is available to all faculty members. Approximately one third of participants in 2024-25 were from historically under-represented groups or international faculty members. Early and mid-career faculty members represented most participants. As in previous years, more female faculty members requested coaching than males.



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Developing career strategies, integrating work-life balance, and improving daily habits were the topics most often addressed in coaching sessions. This is a similar pattern to the previous year.



For the past two years, one-time resources from the NU President funded Faculty Wellness Coaching. Beginning in July 2025, Faculty Wellness Coaching will be rebranded as Personal and Professional Coaching and transition to the Coaching Collaborative.

The Coaching Collaborative, funded by a Weitz Innovation grant, will expand existing coaching services to staff. Additional coaches, drawn from both the faculty and staff ranks, will provide Personal and Professional Coaching as well as three additional types of coaching:

- CliftonStrengths Top Five (Gallup) Coaching
- Instructional Coaching (beginning in 2026)
- Leadership Coaching (beginning in 2026)

Testimonials

"When looking at my lists of things to do, coaching helped me realize I was either at the bottom or not on the list at all. Coaching helped me think about my interests and creating a more balanced, happy life."

Early-career faculty member

"I wasn't able to see a clear path forward on this issue. Now, just saying it out loud to someone else helps me identify a way to break the task into manageable increments."

Mid-career faculty member

"I'm so happy I came in today because this issue has been really bothering me. To talk it out helped me to make a decision that feels good for me."

Late-career faculty member