

# BE THE BEST YOU'VE EVER BEEN

**Trula**  
CAMPUS

Sign up for TrulaCampus coaching! It's **FREE!**

**TrulaCampus™ is a FREE evidence-based program which connects college students with trained and qualified peer coaches. Our program is designed to help students with their well-being, emotional health and personal development.**

**"Having a peer coach helped me find balance in my life, set achievable goals, and figure out how to reduce my stress. Having a coach there to listen was great!"**

— College Student



confidential



virtual



flexible sessions



reduce stress



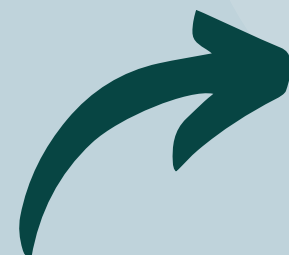
gain confidence



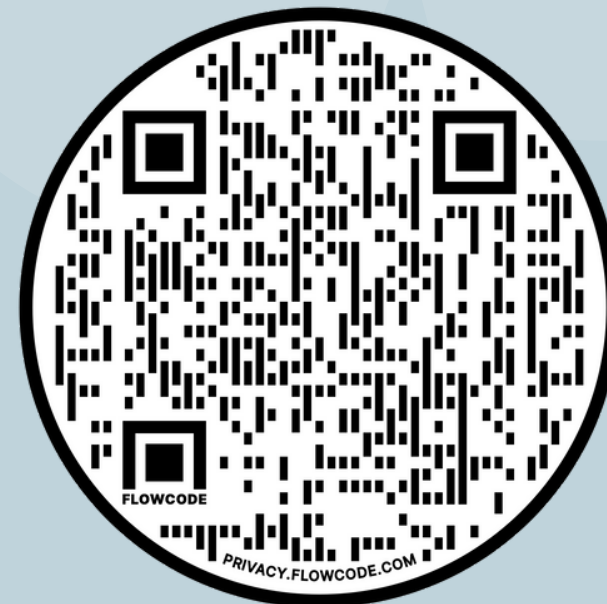
manage time better



receive guidance



Scan the QR Code  
to sign up



# FAQs



## What is coaching?

Coaching is a goal-oriented approach meant to provide you with a partner (your coach) and tools to help you overcome challenges, maximize your potential and/or enhance your well-being. The process of coaching often taps into motivation, builds confidence and increases productivity.

## What are the available hours?

We have more than 30 coaches with different availability times **Monday through Saturday ranging from 8am to 8pm**. This way, you can connect with a coach at a time that fits your schedule. For 6 weeks, you will meet with your coach once a week for 30 min.



## What do Students use Trula Coaches for?

Students commonly like to use them as a sounding board to talk through things, as an accountability partner to help them set and reach personal goals, and to support them in overcoming challenges. Our Peer Coaches can assist with **personal development, stress management, confidence building, positive self-image, connection, self-care, organization, communication, and relationship skills**.

## How do I connect with a Trula Coach?



**Scan the QR  
Code or go to our  
website**



**trulacampus.org**