

NuStart Coach — Role & Responsibilities

A NuStart-provided coaching service • Lafayette School Corporation (LSC) • 2026–2027

Purpose

The NuStart Coach provides guided, ongoing one-to-one coaching to individual staff members who choose to work toward a personal wellness goal. Coaching is a NuStart-provided service that participants opt into — not a building-level program role. A coach helps a participant build healthy habits in nutrition, exercise, sleep, and stress management, at the participant's own pace.

What the Coach does

- Meets one-to-one with a participant to set realistic, personal goals.
- Coaches across the core wellness areas — nutrition, exercise, sleep, and stress management.
- Provides ongoing, guided support and accountability as the participant builds habits over time.
- Meets participants where they are, at their own pace, year-round.

Who the Coach serves

Any LSC staff member who opts in. Coaching is voluntary, personal, and available year-round — a participant can get started anytime.

How staff engage a Coach

- Staff sign up through the NuStart personal-coaching sign-up form (shared in the Monthly Champion Newsletter and the Email within an Email).
- Interested, ready staff are pointed toward coaching — the coaching is the Coach's to provide.

What this role is not

- Not a building-level program role — coaching is a one-to-one service participants opt into, not a program the Coach runs for a building.
- Not a medical or mental-health provider — coaching supports everyday healthy habits and is not a substitute for professional care.

Point people here When a colleague wants one-to-one help toward a personal goal, point them to NuStart personal coaching. Sign-up is year-round; a participant can start anytime.

NuStart Health • Integrate NuStart Coach — Role & Responsibilities. Questions? Email info@nustarthealth.com.