

# Hello from your Providence Health Coaching team



Welcome to Providence Health Plan! It's nice to meet you.

Ensuring the well-being of the community means everything — to all of us. Your Health Coaching team is here to help you accomplish your goals and build a relationship grounded in trust and support. We're excited to introduce you to your **Health Coach, Sonya Golds**.



**I have been with Providence since:** September 2015

**My health coaching philosophy:** I believe that every client is unique in their experiences and what has shaped their behaviors and habits. I approach coaching in a manner that supports identifying the root causes that prevent individuals from reaching their goals. Having dedicated time to focus on oneself can lead to greater awareness and insights to support well-being. I provide support and accountability in creating goals that are going to be realistic and sustainable, focusing on long-term behavior change.

**My education/background:** I have a bachelor's degree in Psychology and a master's degree in Public Health. I completed part of my master's degree in Tanzania, which gave me an opportunity to work and live in a different population and gain more cultural competency.

**I love my job, but here's a bit more about me.**

**If it's the weekend:** I am adventuring or exploring with my daughter. We love to be out in nature, hiking, camping, traveling, and being out on the water.

**Fun fact about me:** I love the tropics and the sun but live in the Pacific Northwest.

Thanks for the opportunity to partner with you. I look forward to getting to know you better, supporting your goals, and helping the community discover True Health together.

*Sonya Golds*

(503) 574-7843 | [sonya.golds@providence.org](mailto:sonya.golds@providence.org)



Hi there, I'm...

**Sonya Golds**

Health Coach, MPH



For more than 160 years, Providence has aligned under a common purpose: to bring True Health to each member of the community.

True Health is a commitment to caring for the whole self: mind, body and spirit. The concept is rooted in the idea that the healthier each of us are, the healthier we all are.

**We all deserve True Health.**