



# 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, Meagen Kassner.**



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

**My health coaching philosophy is:** Based on honoring each client as an expert in his/her life and work. I believe that every client is naturally creative, resourceful and whole and it is my job to: discover, clarify and align with what my clients want to achieve; encourage self-discovery; elicit client-generated solutions and strategies & hold clients responsible and accountable.

**My education/background is:** Master's Degree in Counseling, Master's Degree in Business. I have been a Health Coach since 2007 and am a National Board Certified Health Coach.



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

**If it's the weekend:** I'm riding my bike or running, then I'm reading a book or binging a TV show.

**Fun fact about me:** I'm a sci-fi fan.

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.

*Meagen Kassner*

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**For more than 160 years, Providence has aligned under a common purpose: to bring True Health to each and every 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.**



Hi there, I'm  
**Meagen  
Kassner,**  
Health Coach,  
MC, CHWC, NBC-HWC

