



Fitness

Nutrition

Stress Management

Self-Care

TELECOACHING NOW AVAILABLE!

Telecoaching consists of private, one-on-one telephonic or Zoom video calls with a WELCOAZ Health Coach. Our health coach can provide information and motivation about lifestyle, goals and interests, and help you develop your own wellness success plan.

YAVAPAI COLLEGE TELECOACHING SCHEDULE

Monday

11am -2 pm

Tuesday

11am-2pm &
3pm-6pm

Wednesday

10am-12pm

Thursday

11am-2pm

Schedule Your 20-minute Telecoaching Appointment Today!

To schedule your Telephonic or Zoom Video call please click on the link below:

<https://welcoaz.as.me/yct>

Having trouble scheduling your appointment? Please contact WELCOAZ
(520) 293-3369 | contact@welcoaz.org

No Cost Covered Benefit

OUR HEALTH & FITNESS COACH



Coach Victoria

Victoria Barrios is a bilingual Health Coach with the Wellness Council of Arizona. She is a Certified Sports Nutritionist with AFPA, a Nationally Certified Personal Trainer through AFAA, and has her CPR and First Aid from American Red Cross. She is passionate about helping busy professionals experience lifestyle transformation by showing them how to make small changes in their mindset, fitness and nutrition habits in order to achieve their unique wellness goals and needs. In 2018, Victoria earned the award of Health Coach of the Year for the Wellness Council of Arizona and was also highlighted as 1 of 30 in AZ Central's "Who's Next: Health and Wellness." She resides in Austin, TX where she runs the events department for a local fitness consulting company. When she's not working, you'll find her teaching allergy-friendly baking classes or curating recipes for blogs, training for her next trail race or spending time in Guatemala with her husband and family.

Health Coaching Questions?

Please contact victoria@welcoaz.org



All Health Coaches work for the Wellness Council of Arizona to serve the health interests of employees. All information shared with them will be kept confidential and will not be shared with any management personnel or any other employees.

