



## **Carolyn Higgins, NBC-HWC**

Behavioral Health Coach, Dartmouth College



## Meet the Coach!

Carolyn Higgins, NBC-HWC is a National Board Certified Health and Wellness Coach with a wealth of experience. Carolyn received her Bachelor's degree from Fordham University in Political Science, her Masters degree in Education from Fordham University, and her Health Coach training from The Institute for Integrative Nutrition. Carolyn has worked in clinical settings for the past ten years as a Health Coach and Care Coordinator at Gifford Medical Center in Randolph, Vermont and previously at the Veterans Administration Medical Center in White River Junction, Vermont.

In 2015, Carolyn established the health coaching program at Gifford. With this program, she successfully guided patients towards positive lifestyle change in areas such as weight management, physical activity, stress management, sleep hygiene, dietary improvement, and prevention and management of chronic health conditions. The program improved the health of hundreds of patients through a combination of one-on-one health coaching and group class facilitation. Carolyn is an experienced facilitator of classes for diabetes, hypertension, and chronic disease self-management.

As a holistic health coach, Carolyn incorporates motivational interviewing and behavior change techniques to provide support, guidance, and accountability to help people make long-term sustainable lifestyle change. Carolyn's nonjudgmental and welcoming style helps patients make the changes they want.

Carolyn moved to Hanover in 2010 and enjoys the lifestyle that New England has to offer including hiking, paddle boarding, biking, and cross-country skiing. When not outside, Carolyn loves cooking for family and friends, sharing her passion for food. As the daughter of a college professor, Carolyn appreciates living in a college town and all of the enrichment the Dartmouth community has provided for her and for her children growing up here. She is looking forward to contributing her skills and enthusiasm for all things health and wellness to this community.