

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**.



Hi there, I'm
**Sonya
Golds**
Health Coach

I've been with Providence since: September 2015

My health coaching philosophy: We all have unique experiences that shape our behaviors and habits, I offer support that identifies the cause that prevents individuals from reaching their goals, provides accountability, and focuses 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

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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 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.