

# 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 professional **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.

Thank you for the opportunity to partner with you. I look forward to getting to know you better and supporting your goals - because everyone's well-being matters.

*Sonya Golds*

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

## Health For All

We are committed to working alongside the communities we serve, learning about unique healthcare challenges, and creating tangible solutions to make healthcare more equitable and accessible.