



**Amanda Fox, LPCC**

**Senior Health Coach**

**The Ohio State University Wexner Medical Center  
Columbus, Ohio**

Amanda Fox is a Licensed Professional Clinical Counselor (LPCC) and Wellcoaches Certified Health and Well-Being Coach. She has been working as a senior health coach with The Ohio State University Health Plan since 2019. Amanda provides individual and group coaching for faculty and staff across the university and medical center as well as biofeedback sessions using HeartMath technology for stress management and resiliency training. A former career counselor, she loves helping people explore how work and wellness can support one another. Amanda has a bachelor's degree in psychology (University of Dayton) and a master's degree in clinical counseling (The Ohio State University). She holds additional certifications in Integrative Mental Health and is a Trauma-Sensitive and Clinical HeartMath practitioner. Her specialties include emotional and mental well-being, trauma-informed and neurodiversity-affirming coaching, stress and sleep science, attuned eating, and weight-inclusive wellness. Amanda connects the science of behavior change with the art of human experience. She is recognized for helping clients feel seen while learning practical skills, with an approach that blends insight, compassion and creativity to support whole-person health and meaningful, sustainable change.