



Wellness Coaching Works

Tricia Roland

Certified  wellcoaches

The pathway to wellness is through the mind, body and soul.

Contact Information

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Mission Statement

- To provide knowledgeable advice on fitness, nutrition and wellness.
- Help you become a better version of you.
- Help you accomplish your goals.

About Me –

My name is Tricia Roland, my husband and our two children and I live in Irmo, South Carolina. I received my undergraduate degree from the University of South Carolina in Experimental Psychology and Two Cognates: Health Promotion Educational Behavior and Sociology. I graduated from Logan University with a Master of Science in Nutrition and Human Performance with a concentration in Health Education and Promotion.

Throughout my life I have struggled with my weight. As a child, I was heavy. I lead an active lifestyle riding horses, swimming and going to aerobics with my mother and sister however I still struggled to keep my weight within a normal range. As a young adult, I did struggle with an eating disorder. I understand the personal struggles a person can have with body image and self-esteem.

I began running my senior year of high school. A friend of mine wanted a female cross-country team and asked if I was interested in joining so we could form a team. I always wanted to run so I joined. I fell in love with the sport instantly and ran for recreation through college. I began running long distance in 2005 and ran my first marathon in 2006. I fell in love with the marathon and have run over 38 marathons and ultra marathons. Running taught me that you need to be healthy and eat healthy to successfully finish a workout or race.

Growing up in Rhode Island I naturally swam. As a child, I swam on the local YMCA swim team, then lifeguarded and taught swim lessons in college. In 2007 I decided I would train for a triathlon with some of my running friends. I rented a bike and completed my first triathlon in June of 2007. It was an exhilarating feeling crossing the finish line of my first sprint triathlon.

I have always enjoyed helping others achieve their goals. As I gained experience as a marathoner and triathlete, I began to coach others on how to complete a race or improve their time. In 2012 I decided to become a USA Certified Triathlon Coach. As my knowledge grew as an endurance coach I then decided to become a Personal Trainer.

Strength training is a vital aspect to a person's life. Training with weights not only helps you reach your personal goals but also transcends into daily life activities. My work with senior clients include balance, strength and mobility to help lessen the likelihood of falls and make daily life tasks like walking up stairs or opening a jar easier.

I work with a variety of athletes of all ages and levels. I have helped people lose weight, gain strength, complete their first 5K, marathon/ultra-marathon or Ironman. I have even coached people through chemo treatment.

I recently became a Certified Health and Well-being Coach with a Certificate in Lifestyle Medicine through Wellcoaches. This certification has helped strengthen my abilities as a coach. Health coaching helps clients find their best selves from within and then we devise a plan using SMART goals to help accomplish your goals and live your best life.

My goal is to help others set and achieve their goals. Whether you want to learn how to be healthy, lose weight, complete an Ironman, set a new PR (personal record) or simply feel better I can help get you to your goals.

Coaching Services

Gold Plan - Individualized Training Plan with 3 accompanied workouts per month

– You will have unlimited access to me via email, text and phone. Individualized training plan will be sent to you weekly. Weekly assessments of your previous week's workouts.

Silver Plan - Individualized Training Plans

– You will have unlimited access to me via email, text and phone. Individualized training plans will be sent to you weekly and assessment of your previous week's workouts.

Bronze Plan- Training Plans – 8 weeks –

An individualized plan will be developed for you based on your upcoming event. We will meet once to talk about your plan and I will answer any questions that you may have in regards to your training.

Personal Training or Personal Coaching –

This can be personal trainer session of Running, Biking, Swimming or Strength Training or Cross Training Workouts. Swimming does not include pool fees. For workouts, longer than 1 hour a reduced price can be discussed.

Health and Wellbeing Coaching

Health Coaching was derived from the world of positive psychology. Together we create a 3 month Vision Plan and working on weekly goals. As a team the client is the driver of their goals and the coach helps you learn how to intrinsically motivate yourself for lasting change to occur.

Please email for pricing