What is Wellness Coaching?

Health and Wellness Coaches work collaboratively with individuals and groups in a client-led process that supports the client in working toward self-determined health and wellness goals. Coaches support clients in using their self-awareness, insights and personal strengths to develop self-management strategies for lasting behavioral change. Coaches hold an unconditional positive regard as they empower the client to find their way, using a process of self-discovery. Coaches support and encourage clients to become masters of their own well-being.

Is Wellness Coaching Right for Me?

What Health and Wellness Coaches DO:

• Support clients in defining their wellness vision and where they want to go
• Help clients identify their desired changes
• Encourage clients to set their own goals that are specific and achievable
• Inspire and build client confidence in their ability to make the desired changes
• Help clients identify solutions to work through obstacles that may arise
• Provide expertise in the area they hold nationally recognized credentials, but only when the client indicates the need
• Provide information and evidence-based resources, upon request, relating to guidelines around healthy living published by government authorities and nationally-recognized associations within their country of domicile
• Refer client to appropriately trained health professionals for specific consultation
• Provide feedback on goals that could cause harm
• Respect cultural values

What Health and Wellness Coaches DO NOT do:

• Judge the client
• Take control and drive the agenda
• Suggest what the client should be doing
• Take on the responsibility for the client’s results
• Use their own experience to influence the client in anyway
• Diagnose, prescribe medication or provide psychological therapy

How do I find a credible Wellness Coach that is a good fit for my needs?

• Look for accreditation by the National Board of Health and Wellness Coaches or the International Coaching Federation
• Select a Health & Wellness Coach certified in specialties that match your current wellness goals
• Schedule an initial 15-minute consultation to assess fit

https://globalwellnessinstitute.org/initiatives/wellness-coaching-initiative/