

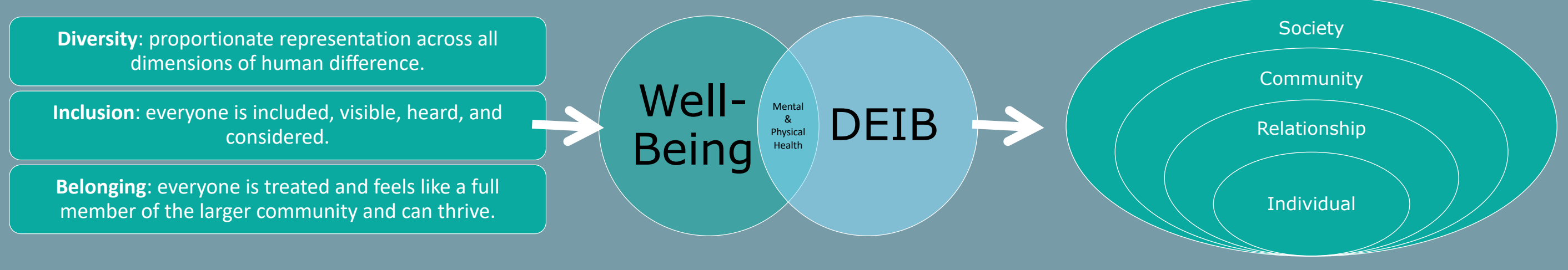
Global Perspectives on Inclusive Well-Being: The Role of Health and Wellness Coaching (HWC) in Fostering Diversity, Equity, Inclusion, and Belonging

February, 2024



WELLNESS COACHING INITIATIVE
GLOBAL WELLNESS INSTITUTE

1. Reframing DEIB in a Well-Being Context



2. Accredited HWC Training

- Cultural Competence & Awareness
- Intersectionality
- Empathic Communication & Active Listening
- Bias Awareness & Mitigation
- Inclusive Language & Practices
- Knowledge of Health Disparities & SODH
- Ongoing Professional Development
- Lifelong Cultural Humility
- Coaching Ethics
- Non-judgment



3. Diversity Types: What-Why-How

1. Race & Ethnicity
2. Age & Generation
3. Gender
4. Sexual Orientation
5. Religious & Spiritual
6. Physical Disability
7. Socio-Eco Status & SDOH
8. Health Status
9. Neurodiversity & ADHD
10. Weight Bias & Stigma

"Proof: voices from the field"

4. HWC Specialties (non-exhaustive)



Medical Coaches	End of Life Coaches	Family Caregiver	Nutrition Coaches	Fitness Coaches	Stress Management Coaches
Mental Health and Well-Being Coaches	Smoking Cessation Coaches	Chronic Disease Management Coaches	Weight Loss Coaches	Holistic Health Coaches	Lifestyle Coaches
Senior Health Coaches	Youth and Teen Health Coaches	Corporate Wellness Coaches	Cancer Wellness Coaches	Gut Health Coaches	Pregnancy and Postpartum Coaches
Wellness Coaches for Specific Populations	Wellness Coaches for Aging in Place	Addiction Recovery Coaches	Holistic Nutrition Coaches	Wellness Coaches for Specific Conditions	

5. Conclusions

DEIB conversation is paramount. Accredited, well-trained HWC at forefront, playing pivotal role in supporting DEIB initiatives. Skills & knowledge enable coaches to:

- Navigate complex landscape of health and well-being,
- Foster inclusivity and equity
- Contribute to whole-person betterment of individuals and society,
- Embodiment agents of positive change.

6. Action!



Champion	Health and Wellness Coaching
Embrace	Multicultural Competency
Build	Inclusive Spaces
Implement	DEIB Initiatives
Support	Mental Health and Neurodiversity
Advocate	for Policy Changes
Engage in	in Continuous Learning
Encourage	"Calling In-Out" Culture

Learn more!

Full Whitepaper and PowerPoint published in February 2024 Available at:
<https://globalwellnessinstitute.org/initiatives/wellness-coaching-initiative-resources/>

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