

Wellness Coach

LEARNING OBJECTIVES



Life is a series of ups and downs. It ebbs and flows and sometimes, without even realizing it, we lose sight of what's important. We take our health and our bodies for granted. We procrastinate. We allow our cynicism to shape our worldview, and we even neglect the people we love. But that doesn't mean we can't dig ourselves out of our proverbial hole—we just need to put down the shovel.

Wellness coaches help folks do exactly that. They help others unlock their potential using trusted techniques that challenge, motivate, and inspire.

This program teaches skills and strategies specific to the wellness industry so you can empower others to sharpen their mental acuity, meet their weight-loss or fitness goals, and feed their souls.

Overview of Wellness Coaching

- Define the role and objective of a wellness coach.

Coaching Models and Paths of Change

- Explore ways to elevate awareness, assess roadblocks, set goals, and track progress.

Establishing an Effective Coaching Relationship

- Learn to build relationships through empathy and trust.

Listening & Asking Questions

- Learn the art of active listening and review specific questions you can ask each client to help smash roadblocks and establish goals.

Direct Communication

- Learn how to talk to clients and provide motivation based on specific personality types.

Awareness, Action, and Future Growth

- Learn how to teach others to turn knowledge into effective action and create a roadmap to success.

Coaching as a Path of Change

- Discuss how coaching helps people develop healthy habits that last a lifetime.

Final Exam