

Wellness Coach

INDUSTRY FACTS



What do wellness coaches do?

Wellness coaches help folks sift through all the conflicting info related to nutrition, fitness, and psychology to find personalized (trusted) solutions so that they can improve both physically and mentally. They provide a roadmap. They offer clear, specific instruction. And they empower their clients through a variety of methods and techniques.

Here's a breakdown of their responsibilities:

- Meeting 1:1 with clients
- Discussing mental and physical health goals
- Creating personalized plans for individual clients
- Tracking progress
- Coaching through doubts and fears

Where do they work?

Wellness coaches work in a variety of environments that range from private businesses and hospitals to mental health facilities and fitness clubs. If they're self-employed, they might travel to clients' homes or invite clients to visit their personal office.



How much do they earn?

Payscale lists the median salary for wellness coaches at just above \$48,000 a year. But the range varies based on experience, knowledge, and reputation. It also depends on whether or not you're self-employed.

What skills do they have?

Wellness coaching is about more than just regurgitating information found on Wikipedia. The best coaches are detail-oriented, motivated, and knowledgeable. They take complex ideas and break them down into bite-sized snippets of info that are easy to digest. They're also incredibly empathetic and possess a warm, approachable demeanor that makes them easy to trust and lean on when times get tough.

"I was very impressed with what CareerStep had to offer. Affordable pricing for a comprehensive program, combined with the support and flexibility I needed. A perfect choice!"

JESSICA, CAREERSTEP LEARNER

Wellness Coach

PROGRAM DETAILS

Improve Your Life

When it comes to career training, you'll find a lot of posers out there. Con artists that'll try to impress you with fancy hyperbole. But through all the noise, the distinct sound of success can be heard. Your success. All it takes is a little push. A nudge in the right direction—and your whole life could change. New doors opened. New worlds discovered. New opportunities explored. With CareerStep, it all could happen in as little as 4 months.

Prepare For A Better Job

It's time to make a change. Time to take control and start working towards a brighter future. Time to step back from the joyless routine that comes with toiling away at the same thankless job day in and day out. It's time to harness your passion and pursue a career that inspires— gives you the power to explore your interests and make an impact.

CareerStep's Wellness Coach course will help set you on that path. We'll teach you 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.

Learn Your Way (From Home)

With online training, you can absorb more knowledge and learn more skills—fast.

- Study on a schedule that fits your life
- Progress at a pace that matches your learning style
- Adjust the time and effort you devote to your coursework each day

Receive Coaching and Guidance

When you train with CareerStep, we back you every step of the way—from enrollment through course completion.

- Learner support
- Technical support
- Career support (interview coaching and resume reviews)

Program Modules and Approximate Completion Hours

Modules
Overview of Wellness Coaching
Coaching Models and Paths of Change
Establishing an Effective Coaching Relationship
Listening & Asking Questions
Direct Communication
Awareness, Action, and Future Growth
Coaching as a Path of Change
Final Exam

TOTAL HOURS = 290