

how much do wellness coaches make

How Much Do Wellness Coaches Make? A Comprehensive Guide to Earnings Potential

Are you considering a career as a wellness coach? The path to holistic well-being is becoming increasingly popular, and with it, the demand for skilled wellness coaches is soaring. But before you leap, a crucial question arises: how much do wellness coaches make? This comprehensive guide delves into the financial realities of this rewarding career, exploring factors that influence income, potential earnings, and strategies for maximizing your earning potential. We'll equip you with the knowledge to make an informed decision about your future in the wellness industry.

Factors Affecting a Wellness Coach's Income

Several key factors determine how much a wellness coach can earn. It's not a one-size-fits-all answer, and understanding these variables is crucial for setting realistic expectations.

1. **Experience and Expertise:** Just like in any profession, experience significantly impacts earnings. New wellness coaches typically earn less than those with years of experience, established clientele, and a strong reputation. Specializations also play a crucial role. Coaches specializing in niche areas like corporate wellness, sports performance, or weight loss often command higher fees due to specialized knowledge and increased demand.
1. **Client Base and Pricing Strategy:** Your income directly correlates with the number of clients you serve and the price you charge per session or package. Building a strong client base takes time and effort through marketing, networking, and providing exceptional service. Your pricing strategy – hourly rates, package deals, or retainer agreements – also significantly impacts your overall income. Understanding your market and your value proposition is critical to setting competitive and profitable prices.
1. **Business Structure and Location:** Are you a solopreneur, operating as an LLC, or part of a larger wellness center? Your business structure affects your expenses and tax implications, ultimately influencing your

net income. Geographic location also plays a role, with higher costs of living in certain areas potentially requiring higher coaching rates to maintain profitability. Urban areas often command higher rates than rural areas.

1. **Marketing and Sales Skills:** Even the most skilled wellness coach won't succeed without effective marketing and sales strategies. Attracting clients requires a strong online presence, networking, and building relationships within your community. Proficiency in marketing and sales translates directly to a larger client base and higher income.
1. **Education and Certifications:** While not always mandatory, advanced education and certifications can enhance your credibility and increase your earning potential. Certifications from reputable organizations can justify higher fees and attract clients seeking qualified professionals. However, remember that investing in education doesn't guarantee higher income; it's the application of that knowledge and the building of a successful practice that truly matters.

How Much Do Wellness Coaches Actually Make?

Providing an exact figure for wellness coach earnings is difficult due to the variable factors discussed above. However, we can look at ranges to provide a clearer picture.

Entry-Level Coaches: New coaches often start with hourly rates ranging from \$30 to \$75 per session. Their annual income, depending on the number of clients and hours worked, could range from \$20,000 to \$50,000.

Experienced Coaches: Established coaches with a loyal clientele and specialized expertise can charge significantly more, ranging from \$100 to \$300+ per hour. Their annual income could reach \$50,000 to well over \$100,000, or even more for highly successful coaches.

High-End Coaches/Consultants: Top-tier wellness coaches who work with high-profile clients or corporations can earn substantial incomes exceeding \$200,000 annually. These coaches often have extensive experience, a unique brand, and a highly effective marketing strategy.

Strategies to Increase Your Wellness Coaching Income

If you're aiming for higher earnings as a wellness coach, consider these

strategies:

Niche Down: Specializing in a specific area (e.g., stress management for executives, weight loss for athletes) allows you to target a specific market and command higher fees.

Build Your Brand: Develop a strong online presence and build a recognizable brand to attract high-paying clients.

Offer Premium Packages: Develop comprehensive programs with added value, such as workshops, retreats, or group coaching sessions.

Leverage Technology: Utilize online platforms and tools to reach a broader audience and automate certain tasks.

Continuously Learn and Grow: Stay updated with the latest trends and advancements in your field to maintain your competitive edge.

Conclusion

The earning potential of a wellness coach is diverse and depends on a multitude of interwoven factors. While entry-level coaches may start with a lower income, experienced and specialized coaches can earn a very comfortable living. By focusing on building a strong brand, developing niche expertise, and implementing effective marketing strategies, you can significantly increase your earnings and build a thriving wellness coaching practice. Remember that building a successful business takes time, dedication, and a genuine passion for helping others achieve their wellness goals.

Frequently Asked Questions

1. Do I need a certification to be a wellness coach? While not always legally required, certification significantly enhances your credibility and can open doors to higher-paying clients. It demonstrates your commitment to professionalism and expertise.
1. How can I find my first wellness coaching clients? Network within your community, leverage social media, offer free introductory sessions, and collaborate with other health and wellness professionals.
1. What are the common expenses associated with being a wellness coach? Expect expenses related to marketing, professional development, website maintenance, software subscriptions, and potentially office space or insurance.

1. Is it possible to work as a wellness coach remotely? Absolutely! Many wellness coaches work entirely online, providing sessions via video conferencing and offering digital products.

1. What are some alternative ways to generate income as a wellness coach besides one-on-one coaching? Consider group coaching, workshops, online courses, creating digital products (e.g., ebooks, workbooks), or corporate wellness contracts.

how much do wellness coaches make: *Unconventional Medicine* Chris Kresser, 2017-09-06

The world is facing the greatest healthcare crisis it has ever seen. Chronic disease is shortening our lifespan, destroying our quality of life, bankrupting governments, and threatening the health of future generations. Sadly, conventional medicine, with its focus on managing symptoms, has failed to address this challenge. The result is burned-out physicians, a sicker population, and a broken healthcare system. In *Unconventional Medicine*, Chris Kresser presents a plan to reverse this dangerous trend. He shows how the combination of a genetically aligned diet and lifestyle, functional medicine, and a lean, collaborative practice model can create a system that better serves the needs of both patients and practitioners. The epidemic of chronic illness can be stopped, if patients and practitioners can adapt.

how much do wellness coaches make: *Lifestyle Wellness Coaching-3rd Edition* Gavin, James, Mcbrearty, Madeleine, 2019 *Lifestyle Wellness Coaching, Third Edition With Web Resource*, offers an evidence-based and systematic coaching methodology that professionals can use to help clients achieve long-term overall wellness by addressing health, fitness, and lifestyle.

how much do wellness coaches make: *Wellness Coaching for Lasting Lifestyle Change* Michael Arloski, 2014 Arloski blends the wisdom of the wellness field with the proven processes of the coaching profession to create an easy-to-use training tool. The result is the perfect training tool for wellness professionals of all kinds: disease management professionals, professional coaches, EAP professionals, counselors, and therapists.

how much do wellness coaches make: *Lifestyle Wellness Coaching* James Gavin, Madeleine Mcbrearty, 2013-04-18 *Lifestyles* have changed dramatically over the past quarter century, and along with these changes come exciting opportunities for health, wellness, and fitness professionals, including new career paths in the professional domain of health and wellness coaching. Centered on an evidence-based process for guiding change, *Lifestyle Wellness Coaching, Second Edition*, offers a systematic approach to helping clients achieve enduring changes in their personal health and wellness behaviors through a supportive and forward-moving coaching relationship. Formerly titled *Lifestyle Fitness Coaching*, the second edition of *Lifestyle Wellness Coaching* has been thoroughly revised and updated to keep pace with the rapidly evolving field of lifestyle coaching. The text offers powerful methodologies for those who want to embrace lifestyle coaching as their primary profession as well as for those who intend to integrate a coaching approach into their work with clients. The text is complemented by discussions, case studies, reflective opportunities, and practical aids and engages readers through multiple approaches to learning:

- Dynamic coaching dialogues bring abstract concepts to life.
- Typical exchanges between coaches and clients are illustrated.
- The International Coach Federation's 11 core competencies are thoroughly examined to prepare readers for certification in the profession of coaching.
- Sidebars provide practical guidance for enhanced understanding and prompt readers to personally experience

the content. *Lifestyle Wellness Coaching, Second Edition*, uses realistic coaching conversations to address issues such as the timing and types of questions to ask, how to provide feedback effectively, and how to facilitate robust action planning. Readers are presented with a broad overview of the field and detailed analysis of core ingredients to promote effective coaching relationships. The text includes essential structures for coaching conversations and practical considerations to help readers adapt materials to their unique career interests. *Lifestyle Wellness Coaching* introduces readers to models that clearly identify clients' progress through the stages of change. First, the text explores the popular transtheoretical model (TTM) of health-related behavior change and its delineation of six stages of clients' readiness to change. Discussion of TTM includes strategies appropriate to clients in various stages of readiness to change. *Lifestyle Wellness Coaching* also presents the learning-through-change model (LCM), revealing the deep layers beneath each phase of client movement toward change. Following considerations of the stages and phases of change, readers are offered a critical map for coaching clients toward goal achievement. The authors' unique flow model of coaching illustrates how professional coaches help clients navigate the sometimes turbulent events in attempting to change habitual patterns of behavior. *Lifestyle Wellness Coaching, Second Edition*, details how professionals engage in well-designed communication strategies to motivate, guide, inform, and support clients' processes toward personal change with a holistic approach. The text frames the boundaries of care and advice appropriate to coaching relationships. Some of the issues explored include the centrality of a trusting relationship, creating goals that are aligned with coaching processes, unblocking clients' energy and discovering resources for change, and generating forward movement through the skillful use of the International Coach Federation's 11 core competencies. Whether you want to apply certain aspects of a coaching approach with your clients or move toward adding a professional coach certification to your résumé, *Lifestyle Wellness Coaching, Second Edition*, will serve you well. The text presents the necessary skills for professional development and offers an evidence-based methodology for supporting and advancing clients in change processes related to health, wellness, and fitness agendas.

how much do wellness coaches make: *How to Incorporate Wellness Coaching into Your Therapeutic Practice* Laurel Alexander, 2011-08-15 Wellness coaching is an emerging and vibrant area of healthcare. It takes healing beyond the curing of symptoms and empowers clients to take their health back into their own hands. This book provides therapists with the knowledge and skills to rejuvenate their therapeutic practice by incorporating wellness coaching techniques into their range of services. Laurel Alexander redefines wellness as an integrated lifestyle and mindset process and shows that wellness coaching can be a profound and practical way to help clients make meaningful changes to their health and outlook. The book offers a wellness coaching toolbox, explaining key skills such as how to create an organic personal wellness plan, how to build client rapport and give constructive feedback, and how to apply different coaching models effectively. Practical steps and examples make it easy for any therapist or counsellor to pick up the reins of wellness coaching for themselves. Exciting new developments such as wellness diagnostic services, preventative healthcare, customised treatments and DIY healthcare are explored. With shrewd advice and useful insights, this book is an essential resource for complementary therapists and counsellors looking to update their existing practice and tap into the rapidly expanding wellness market.

how much do wellness coaches make: *Integrative Wellness Coaching* Laurel Alexander, 2022-09-21 By presenting a holistic and integrated health and wellbeing approach to personalised care through wellness coaching, this handbook provides theory, insights, best practice, case studies and CPD activities in order to deepen practitioners' knowledge and experience. Integrative wellness is about working in collaboration and is a partnership between the professional and the patient with the latter understanding that they can take as much control as is possible for their own health and wellbeing. This book helps form this collaboration by exploring the co-creation of personalised care plans, effective coaching skills and cognitive-behavioural interventions including motivational coaching for patient activation, as well as flexible ways to provide wellness coaching. Exploring how

the mind-body connection can improve the patient's journey, Integrative Wellness Coaching is an invaluable guide for any healthcare practitioner who wants to embrace their patients' lifestyle choices and mindsets towards their own health.

how much do wellness coaches make: The Secret of Coaching and Leading by Values Simon L. Dolan, 2020-06-07 Coaches play a major role in helping people understand their values and the values of their surroundings and helping them make choices and adapt. Sometimes the choice may be to find a situation more in sync with your values. Or it may mean working hard on yourself or in concert with your partner, team, or organization. Whatever we need to do to attain it, a positive fit makes for a happier person, and a happier person will be more successful. This accessible and practical book will help coaches, educators, leaders, and managers understand the philosophy, methodology, and tools that can be used to make a person happier, healthier, and more productive at work and in life in general. This book compiles short vignettes from over a dozen global academics and celebrated executive coaches, sharing information about aligning values in different settings. Based on years of research and written for readers from all walks of life, you will learn that when you understand your core values, place them on a triaxial template, and align them with your definition of success, everything changes. It will help you come out of your comfort zone in order to embrace the future and enhance the quality of your life. For this, you need a concept, a methodology, and effective tools, all of which are offered in this book. Rich with practical step-by-step methodologies and tools to facilitate values-led leadership, coaching, and mentoring, this book is essential for any change agent, be it a coach, a leader, an educator, or any person who is interested in learning how to become more effective, improve their practice, and engage in self or professional coaching. At the same time, it will enhance leadership qualities.

how much do wellness coaches make: Health Promotion and Wellness Cheryl Hawk, Will Evans, 2013-03-20 Health Promotion and Wellness, is designed to provide chiropractors with both the theoretical knowledge and practical skills they need to provide high-quality clinical preventive services. This resource is separated into two parts: one section covering theory, the other section covering practical applications. The book is strongly evidence-based and is designed to ensure that chiropractors use consistent terminology and documentation methods, therefore promoting their credibility and ability to integrate into the healthcare system.--Publisher's website.

how much do wellness coaches make: Introduction to Kinesiology Duane V. Knudson, Timothy A. Brusseau, 2021-10-26 Introduction to Kinesiology: Studying Physical Activity, Sixth Edition, gives students a complete overview of the field of kinesiology and explores the common career paths, questions, and ideas that are part of this discipline. The text stimulates curiosity about the field of kinesiology, gives insight into the subdisciplines of the field, and generates awareness of the current issues that kinesiology professionals seek to understand and solve--

how much do wellness coaches make: Professional Coaching Susan English, OSB, EdD, MCC, Janice Manzi Sabatine, PhD, PCC, Philip Brownell, MDiv, PsyD, 2018-12-07 Incorporating a wealth of knowledge from international experts, this is an authoritative guide to provide a comprehensive overview of professional coaching. Grounded in current research, it addresses the historical, ethical, theoretical, and practice foundations of professional coaching, and examines such key therapeutic approaches as acceptance and commitment, internal family systems, psychodynamic, and interpersonal. In easily accessible language, the book discusses core considerations for effective practice such as presence, meaning-making, mindfulness, emotions, self-determination, and culture. The reference examines the variety of practice settings for the profession, including executive, life/personal, health/wellness, spiritual, team, education, and career coaching, along with critical issues such as research advances, credentialing, and training. Further contributing to coaching savvy, the book has techniques for measuring client progress, applications of adult development, intentional change theory, and more. Chapters include recommendations for further reading. Key Features: Provides a comprehensive overview of a fast-growing field Includes contributions from international experts Covers historical, professional, philosophical, and theoretical foundations as well as important applications and practice settings Includes suggestions for further reading

how much do wellness coaches make: *Anti-Diet* Christy Harrison, 2019-12-24 Reclaim your time, money, health, and happiness from our toxic diet culture with groundbreaking strategies from a registered dietitian, journalist, and host of the Food Psych podcast. 68 percent of Americans have dieted at some point in their lives. But upwards of 90% of people who intentionally lose weight gain it back within five years. And as many as 66% of people who embark on weight-loss efforts end up gaining more weight than they lost. If dieting is so clearly ineffective, why are we so obsessed with it? The culprit is diet culture, a system of beliefs that equates thinness to health and moral virtue, promotes weight loss as a means of attaining higher status, and demonizes certain ways of eating while elevating others. It's sexist, racist, and classist, yet this way of thinking about food and bodies is so embedded in the fabric of our society that it can be hard to recognize. It masquerades as health, wellness, and fitness, and for some, it is all-consuming. In *Anti-Diet*, Christy Harrison takes on diet culture and the multi-billion-dollar industries that profit from it, exposing all the ways it robs people of their time, money, health, and happiness. It will turn what you think you know about health and wellness upside down, as Harrison explores the history of diet culture, how it's infiltrated the health and wellness world, how to recognize it in all its sneaky forms, and how letting go of efforts to lose weight or eat perfectly actually helps to improve people's health—no matter their size. Drawing on scientific research, personal experience, and stories from patients and colleagues, *Anti-Diet* provides a radical alternative to diet culture, and helps readers reclaim their bodies, minds, and lives so they can focus on the things that truly matter.

how much do wellness coaches make: *Successful Career Development for the Fitness Professional*, 2006

how much do wellness coaches make: *Yes Yes Hell No!* Whetten Ph D, 2014-11-30 This book is a powerful and reliable tool for developing the skills needed to make big decisions where the stakes are high, create big wins where the goals are specific, heartfelt and really matter, and turn your fears into some of your most trustworthy friends.

how much do wellness coaches make: *TIME Wellness* The Editors of TIME, 2019-02-15 In the midst of the nonstop world we live in, maintaining wellness is essential to good health. This new special edition from the editors of TIME, *Wellness: Finding a Healthier You*, defines wellness with a multi-faceted approach, because everyone approaches the topic differently. *Wellness* looks at the current trends in wellness and a few fads, and breaks down wellness in *Wellness 101*, which helps define the topic and provides guidelines for maintaining health and wellness at every age. Additional sections include: advice on how to talk about wellness with your doctor; *Living Well and Mind and Body*, which tackle how to build a healthier, happier family; rules on clean eating; and some personal stories from people who have transformed their lives. We round out the special edition with the ultimate wellness quiz, just to make sure you were paying attention. Whether you are new to the idea of wellness, or want to bring a more balanced approach to a certain aspect of your life, *Wellness* is an excellent guide.

how much do wellness coaches make: *Healthy Aging* Patrick P. Coll, 2019-03-29 This book weaves all of these factors together to engage in and promote medical, biomedical and psychosocial interventions, including lifestyle changes, for healthier aging outcomes. The text begins with an introduction to age-related changes that increase in disease and disability commonly associated with old age. Written by experts in healthy aging, the text approaches the principles of disease and disability prevention via specific health issues. Each chapter highlights the challenge of not just increasing life expectancy but also decreasing disease burden and disability in old age. The text then shifts into the whole-person implications for clinicians working with older patients, including the social and cultural considerations that are necessary for improved outcomes as Baby Boomers age and healthcare systems worldwide adjust. *Healthy Aging* is an important resource for those working with older patients, including geriatricians, family medicine physicians, nurses, gerontologists, students, public health administrators, and all other medical professionals.

how much do wellness coaches make: *Rock Steady* Ellen Forney, 2018 *Rock Steady: Brilliant Advice From My Bipolar Life* is the eagerly awaited sequel/ companion book to Forney's 2012

best-selling graphic memoir, *Marbles: Mania, Depression, Michelangelo, and Me*. Whereas *Marbles* was a memoir about her bipolar disorder, *Rock Steady* turns the focus outward, offering a self-help survival guide of tips, tricks and tools by someone who has been through it all and come through stronger for it.

how much do wellness coaches make: *Wellpreneur* Amanda Cook, 2017-02-23 Why do some wellness entrepreneurs find freedom, flexibility and a healthy income online - while others get stuck spinning their wheels, never finding clients or making sales? It's not about who has the best website, or who spends more time on social media. The secret is in the system. Wellpreneurs who find clients online have a system in place that failing wellpreneurs don't. This system brings more of the right people to your website, and turns them into paying clients. It's this proven, step-by-step system you'll learn in this book. *Wellpreneur* is a guide to nailing your niche and finding more clients online, written just for wellness entrepreneurs. If you're a health coach, yoga teacher, personal trainer, nutritionist or other wellness professional, you'll: Get total clarity on your target market, so you know exactly who you're serving (and why). Learn the proven five-step Organic Growth System to attract ideal prospects to your website and turn them into paying clients. Peek inside the businesses of successful wellpreneurs, to learn how they grew profitable wellness businesses online. Streamline your online marketing, so you can spend less time marketing, and more time doing work you love!

how much do wellness coaches make: *Coaching Psychology Manual* Margaret Moore, Erika Jackson, Bob Tschannen-Moran, 2015-09-02 This second edition of the *Coaching Psychology Manual* helps health, wellness, lifestyle, positive psychology, and personal coaches work with clients to achieve their health, well-being, and life goals. Endorsed by the ACSM, packed with examples and scenarios, and now in vibrant full color, this comprehensive guide covers techniques and concepts for supporting clients in changing the behaviors and mindsets needed to thrive, in all areas of wellness, including fitness, nutrition, weight, mind/body, stress, and management of life issues that impact well-being.

how much do wellness coaches make: *How to Be a Health Coach* Meg Jordan, 2013-08-29 This step-by-step manual offers the essentials of health coaching methodology, along with integrative wellness principles, theoretical frameworks, evidence-based models, coaching session formats, and practice tools. Readers also learn effective mind-body techniques to become extraordinary health coaches.

how much do wellness coaches make: *Mila's Meals* Catherine Barnhoorn, 2021-11 *Mila's Meals* is part cookbook, part whole-food nutrition encyclopaedia covering The Beginning of your child's lifelong relationship with food and The Basics of feeding yourself food that is medicine.

how much do wellness coaches make: *The Balanced Life: Health and Wellness Coaching for Busy Women* Sharon L. Cooper-Jones, 2023-12-30 In the whirlwind of today's fast-paced and demanding world, where the pursuit of success often takes precedence over our well-being, it becomes imperative to pause, reflect, and seek a harmonious balance between our personal and professional lives. This preface marks the beginning of a journey—one that transcends age, gender, relationship status, and professional roles—a journey into the realm of health and wellness coaching. For entrepreneurs navigating the challenges of business, women and men striving to make their mark, singles and married individuals juggling multiple responsibilities, and individuals of all ages grappling with the pressures of life, the pages that follow offer a beacon of hope and guidance. It is a recognition that, amid the hustle and bustle, we often neglect our own well-being, the cornerstone of a truly successful and fulfilling life. Within these chapters, we explore the transformative potential of health and wellness coaching—a key that can unlock the door to a more balanced and satisfying existence. Through insights, strategies, and practical wisdom, we delve into the ways in which this coaching can empower individuals from all walks of life to navigate the challenges, prioritize self-care, and embark on a journey towards holistic well-being. As we embark on this exploration, let these pages serve as a reminder that investing in our health and wellness is not a luxury but a necessity. Regardless of where you find yourself in the tapestry of life, the principles shared herein are tailored to resonate with the diverse facets of your existence. May this journey inspire you to

reclaim control over your well-being, fostering a life that is not only successful by external standards but also deeply fulfilling and balanced from within.

how much do wellness coaches make: Winning Well Cara Cocchiarella, Camille Adana, 2021-11-10 Wellness is complex and powerful. And when wellness is maximized in the sports setting, athletes and coaches alike are set up to succeed. In *Winning Well: Maximizing Coach and Athlete Wellness*, Cara Cocchiarella and Camille Adana provide coaches and coach developers with the means to implement a more inclusive coaching environment through wellness. Each aspect of wellness is defined within the context of sports, provided along with tips for application within the sports setting. Tangible guidelines are supplemented with personal testimonies from a diverse group of athletes and coaches who highlight their experiences with wellness in coaching—or lack thereof. Self-assessments are provided as powerful tools to help coaches evaluate their own wellness, their promotion of athlete wellness, and inclusive practices. The demand for wellness and inclusion in sports is substantial, and *Winning Well* is the first practical guide to help coaches and coach developers bring wellness to the forefront of their practices. Written for coaches in all sports who work with athletes at any level, this book is an inspiring, timely, and accessible resource for those who want to move towards more effective and impactful coaching.

how much do wellness coaches make: Coaching for Educator Wellness: A Guide to Supporting New and Experienced Teachers (an Interactive and Comprehensive Teacher Wellness Guide for Instru Tina H. Boogren, 2021 Fully and confidently step into your role as an instructional coach with the support of *Coaching for Professional Wellness*. This instructional leadership guide offers evergreen strategies alongside fresh new solutions that will help you differentiate coaching practices for new and veteran teachers, address teacher self-care, and more. You'll turn to this resource again and again as you continue to improve your craft and help teachers find their own greatness. Increase teacher expertise and self-efficacy by providing a strong foundation of physical, institutional, emotional, and instructional support: Review research surrounding best teacher coaching practices. Explore strategies for differentiating coaching practices for teachers at every stage of their career. Study the four types of support, and learn how to match support to meet each teacher's needs during different phases of the school year. Use interactive activities, tools, and templates to help support all teachers in increasing their expertise. Consider how self-care and professional wellness for adults are foundational supports for social-emotional learning for students. Answer end-of-chapter questions to reflect on your journey and deepen your understanding. Contents: Acknowledgments Table of Contents About the Author Introduction Chapter 1: A Portrait of You, an Instructional Coach Chapter 2: Building an Effective Coaching Relationship Chapter 3: The Phases of the School Year and the Four Types of Support Chapter 4: Physical and Institutional Support for New and New-to-the-Building Teachers Chapter 5: Emotional Support and Professional Wellness for All Teachers Chapter 6: Instructional Support for All Teachers Epilogue References and Resources Index

how much do wellness coaches make: Lifestyle Wellness Coaching James Gavin, Madeleine McBrearty, 2018-11-07 Lifestyles have changed dramatically over the past quarter century. Along with these changes come exciting opportunities, including new career paths in the professional domain of health and wellness coaching. Centered on an evidence-based process for guiding change, *Lifestyle Wellness Coaching, Third Edition With Web Resource*, offers a systematic approach to helping clients achieve enduring changes in their personal health and wellness behaviors through a supportive and forward-moving coaching relationship. *Lifestyle Wellness Coaching* has been thoroughly revised and updated to keep pace with the rapidly evolving field of wellness coaching. It is complemented by discussions, case studies, reflective opportunities, and practical aids and engages readers through multiple approaches to learning: The reader is encouraged to gauge comprehension and application of the content by reflecting on personal experiences within the context of coaching. Sample dialogues offer real-world examples of coaching situations and strategies. The International Coach Federation's 11 core competencies are thoroughly examined to prepare readers for certification in the profession of coaching. A new web resource

houses easy-to-use forms, plans, and assessments that professionals can use immediately with clients. Lifestyle Wellness Coaching examines real coaching conversations to assess key considerations, such as the types of questions to ask, how to provide feedback effectively, and how to facilitate action planning. The text presents communication strategies to motivate, guide, inform, and support clients' processes toward personal change with a holistic approach. It addresses boundaries of care and advice appropriate to coaching relationships. Other issues explored include developing a trusting relationship, creating goals that are aligned with coaching processes, unblocking clients' energy and discovering resources for change, and generating forward movement through the skillful use of the International Coach Federation's 11 core competencies. Lifestyle Wellness Coaching introduces readers to models that clearly identify clients' progress through the stages of change. First, the text explores the popular transtheoretical model (TTM) of health-related behavior change and its delineation of six stages of clients' readiness to change. The discussion of TTM includes strategies appropriate to clients in various stages of readiness to change. The text also presents the learning-through-change model (LCM), revealing the deep layers beneath each phase of client movement toward change. Readers are offered a map for coaching clients toward goal achievement. The authors' unique flow model of coaching illustrates how professional coaches can help clients navigate the sometimes turbulent events of a person's life in order to change habitual patterns of behavior. The companion web resource offers a complete kit of assessment tools to help establish a strong framework for successful coaching. A welcome packet, coaching readiness index, introductory session form, and between-sessions questionnaire benefit both the professional and client in laying the groundwork. Other supplemental resources, such as a social and emotional intelligence assessment and a goal setting form, support the journey. Lifestyle Wellness Coaching, Third Edition, is the definitive resource for those seeking to embrace wellness coaching and propel clients to healthy, effective change.

how much do wellness coaches make: Law for Fitness Managers and Exercise Professionals
Barbara Zabawa, Paul Fenaroli, JoAnn Eickhoff-Shemek, 2020-10-16 PROTECT YOURSELF, YOUR BUSINESS, AND YOUR CLIENTS! This ground-breaking, comprehensive textbook is the go-to resource for fitness managers and exercise professionals. Specifically written for a lay audience, this textbook is designed to help fitness managers and exercise professionals comply with the law, enhance fitness safety, and advance the exercise profession by describing: WHAT laws do fitness managers and exercise professionals need to know? WHY do fitness managers and exercise professionals need to know the laws? HOW do fitness managers and exercise professionals apply the laws? Learn from over 110 lawsuits that occurred in fitness facilities and programs. CONTENTS: PART I:OVERVIEW OF THE LAW, LEGAL LIABILITY, AND RISK MANAGEMENT Chapter 1:U.S. Law and Legal System Chapter 2:Creating a Safety Culture: Building a Comprehensive Risk Management Plan Chapter 3:Complying with Federal Laws: Honoring Legal Rights Chapter 4 :Negligence and Common Defenses to Negligence PART II:LEGAL LIABILITY EXPOSURES AND RISK MANAGEMENT STRATEGIES Chapter 5:Hiring Credentialed and Competent Personnel Chapter 6:Pre-Activity Health Screening and Fitness Testing Chapter 7:Exercise Prescription and Scope of Practice Chapter 8:Instruction and Supervision Chapter 9:Exercise Equipment Safety Chapter 10:Managing Facility Risks Chapter 11:Emergency Planning and Response SPECIAL FEATURES: Special features designed to enrich learning experiences and outcomes include: Descriptions of 30 spotlight legal cases including lessons learned from each case and over 80 additional cases Descriptions of effective risk management strategies to help protect fitness managers/exercise professionals and their organizations from legal liability In addition to negligence, liability issues addressing technological applications (e.g., virtual exercise, data privacy and biometric data/wearable technology), working with and/or partnering with the healthcare industry, and discrimination (e.g., disability, sexual harassment) Over 100 key points, tables, figures, and exhibits Numerous sample forms and documents Legal and risk management resources For textbook-related resources and educational courses, go to the publisher's website: www.fitnesslawacademy.com. WRITTEN FOR: Fitness managers and directors, assistant managers/directors, and program

coordinators employed in settings such as: Corporate -- Employer-sponsored Fitness/Wellness College/University -- Campus Recreation, Athletic Strength/Conditioning Commercial, for-profit -- Health Clubs, Resorts, Fitness Studios, Sport Performance Centers Community, non-profit -- YMCA, JCC Government -- Military, Firefighters/Police, City/County Recreation Hospitals/Medical Clinics -- Cardiac Rehab, Hospital-Based Fitness/Wellness Retirement Centers -- 55+ Communities, Independent Living Exercise professionals: Exercise physiologists, clinical exercise physiologists Personal fitness trainers Group exercise leaders Strength and conditioning coaches Fitness/wellness and health coaches Youth fitness instructors Leaders of first responder/military fitness programs Healthcare providers involved with the fitness industry: Physicians Physical therapists Dietitians Athletic trainers Legal and insurance experts involved with the fitness industry

how much do wellness coaches make: *Life Coaching* Michael Neenan, Windy Dryden, 2013-06-26 The way we think profoundly influences the way we feel, so learning to think differently can enable us to feel and act differently. The first edition of *Life Coaching* successfully showed how to tackle self-defeating thinking and replace it with a problem-solving outlook, providing clear and helpful advice on: Dealing with troublesome emotions Overcoming procrastination Becoming assertive Tackling poor time management Persisting at problem solving Handling criticism constructively Taking risks and making better decisions. The new edition retains the key features, while offering a brand new chapter on the emerging topic of resilience as well updates throughout. It will continue to be invaluable to all those who are interested in becoming more personally effective in their everyday lives, and also to counsellors in practice and training.

how much do wellness coaches make: *Newsweek*, 2008

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Paperback-October 2014 This is the first comprehensive Nurse Coach textbook that describes the theoretical and clinical relevance and practical application of an innovative, integrative, holistic, and integral nurse coaching model. This user-friendly book will guide your Nurse Coach practice to promote lifestyle behavioral change for health and wellbeing for both the nurse and the client/patient. It can be used in all healthcare environments and implemented in diverse settings including hospitals, communities, and private practice. In this book you will find theories and strategies to help you: Theory of Integrative Nurse Coaching; Integrative Nurse Coach Leadership Model; Integrative Nurse Coach™ Process and Competencies; coaching conversations, case studies, and coaching journeys with clients/patients; bio-psycho-social-spiritual-cultural-environment model of nurse coaching; evidenced-based coaching methodologies and practices; nutrition and environmental coaching skills; Integrative Health and Wellness Assessment™; nurse coach guidelines for practice, education, research, healthcare policy and advocacy; and integrative lifestyle resources and toolkit. This book is for all nurses and other health care providers seeking coaching knowledge and skills. For information on the Integrative Nurse Coach™ Certificate Program go to www.inursecoach.com/inccp/

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and perseverance, you can enjoy life to the fullest and thrive, no matter what comes your way. Everyday Resilience includes: Easy to read, easy to understand--Discover clear, concise information on achieving resilience. Proven approach--Explore various research-based psychological and mindfulness practices to guide you, including key takeaways after each chapter. Solutions revealed--Get simple science-based strategies and techniques you can use every day. The path to achieving resilience in your daily life starts with a little help from this simple, straightforward book.

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College in the spring of 2013, she likened our drive for money and power to two legs of a three-legged stool. They may hold us up temporarily, but sooner or later we're going to topple over. We need a third leg--a third metric for defining success--to truly thrive. That third metric, she writes in *Thrive*, includes our well-being, our ability to draw on our intuition and inner wisdom, our sense of wonder, and our capacity for compassion and giving. As Arianna points out, our eulogies celebrate our lives very differently from the way society defines success. They don't commemorate our long hours in the office, our promotions, or our sterling PowerPoint presentations as we relentlessly raced to climb up the career ladder. They are not about our resumes--they are about cherished memories, shared adventures, small kindnesses and acts of generosity, lifelong passions, and the things that made us laugh. In this deeply personal book, Arianna talks candidly about her own challenges with managing time and prioritizing the demands of a career and raising two daughters--of juggling business deadlines and family crises, a harried dance that led to her collapse and to her aha moment. Drawing on the latest groundbreaking research and scientific findings in the fields of psychology, sports, sleep, and physiology that show the profound and transformative effects of meditation, mindfulness, unplugging, and giving, Arianna shows us the way to a revolution in our culture, our thinking, our workplace, and our lives.

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