

how to become certified wellness coach

How to Become a Certified Wellness Coach: Your Step-by-Step Guide to a Rewarding Career

Are you passionate about helping others achieve their optimal health and well-being? Do you find fulfillment in guiding individuals toward a healthier lifestyle? If so, a career as a certified wellness coach might be the perfect path for you. This comprehensive guide will walk you through the essential steps to becoming a certified wellness coach, covering everything from choosing the right certification program to building your successful coaching practice. We'll equip you with the knowledge and resources to embark on this fulfilling and impactful journey.

1. Self-Reflection: Are You Cut Out to Be a Wellness Coach?

Before diving into certifications and coursework, take some time for honest self-assessment. A successful wellness coach possesses a unique blend of skills and qualities. Consider these crucial aspects:

Empathy and Compassion: Can you genuinely connect with people on an emotional level, understanding their struggles and celebrating their successes? Wellness coaching is deeply personal; empathy is paramount.

Active Listening Skills: Are you a good listener, able to truly hear and understand what your clients are communicating, both verbally and nonverbally?

Strong Communication Skills: Can you effectively convey information, provide constructive feedback, and build rapport with diverse individuals?

Patience and Perseverance: Change takes time. Do you have the patience to guide clients through setbacks and celebrate small victories?

Self-Awareness and Self-Care: Coaching can be emotionally demanding. Are you committed to practicing self-care to avoid burnout and maintain your own well-being?

Business Acumen (Optional but Beneficial): While not strictly required for certification, understanding basic business principles like marketing, client management, and financial planning will be invaluable in building a thriving practice.

2. Researching and Choosing a Wellness Coaching Certification Program

The world of wellness coaching certifications is diverse. Choosing the right program is crucial. Consider these factors:

Accreditation: Look for programs accredited by reputable organizations like the International Coaching Federation (ICF) or the Center for Credentialing & Education (CCE). Accreditation ensures a certain level of quality and professionalism.

Curriculum: Review the curriculum carefully. Does it cover topics essential to wellness coaching, such as nutrition, exercise, stress management, mindfulness, goal setting, and behavioral change

techniques?

Teaching Methodology: Will the program use a blended learning approach (online and in-person components)? Consider your learning style and preferences when making this decision.

Instructor Experience: Investigate the experience and credentials of the instructors. Are they experienced wellness coaches with a proven track record?

Program Length and Cost: Balance the program's duration with your budget and time commitment. Consider the return on investment (ROI) – a higher-priced program might lead to better career prospects.

Continuing Education Opportunities: Reputable programs often offer ongoing support and continuing education opportunities to help you stay current with industry trends and best practices.

3. Completing Your Certification Program

Once you've selected a program, commit fully to completing the coursework. This usually involves:

Online Modules: Many programs utilize online learning platforms, offering flexibility and convenience.

Live Workshops or Seminars: Some programs incorporate in-person components, providing networking opportunities and valuable interaction with instructors and fellow students.

Practical Application: Expect opportunities to practice coaching skills through role-playing, case studies, and potentially supervised coaching sessions.

Exams and Assessments: Demonstrate your competency through written exams, practical assessments, and potentially a final project.

4. Building Your Wellness Coaching Practice

Certification is just the beginning. Successfully establishing your practice requires effort and strategic planning:

Define Your Niche: Specializing in a specific area (e.g., weight loss, stress management, corporate wellness) can help you target your marketing efforts effectively.

Develop Your Brand: Create a professional website and social media presence to showcase your expertise and attract clients.

Set Your Rates: Research the going rates in your area and consider your experience and expertise when setting your prices.

Marketing and Networking: Attend industry events, connect with potential clients online, and build relationships with other health and wellness professionals.

Client Acquisition: Utilize various marketing strategies, such as social media marketing, content marketing (blogging), and networking within your community.

Client Management: Establish efficient systems for scheduling appointments, managing communication, and tracking client progress.

5. Continuing Education and Professional Development

The field of wellness coaching is constantly evolving. Stay ahead of the curve by:

Attending conferences and workshops: Network with other professionals and learn about the latest research and trends.

Reading industry publications: Stay updated on best practices and new techniques.

Seeking mentorship: Connect with experienced coaches for guidance and support.

Pursuing additional certifications: Expand your expertise by obtaining certifications in specialized areas.

Conclusion

Becoming a certified wellness coach is a rewarding journey that requires dedication, commitment, and a genuine passion for helping others. By carefully selecting a reputable certification program, building a strong professional brand, and consistently engaging in professional development, you can establish a fulfilling and successful career empowering individuals to achieve their optimal well-being. Remember that continuous learning and adaptation are key to thriving in this dynamic field.

FAQs

1. How much does a wellness coaching certification cost? The cost varies widely depending on the program, duration, and accreditation. Expect to invest anywhere from a few hundred to several thousand dollars.
1. How long does it take to become a certified wellness coach? Certification programs typically range from a few months to a year or more, depending on the program's intensity and requirements.
1. Do I need a college degree to become a certified wellness coach? While not always mandatory, a related degree (e.g., in health, psychology, or human services) can enhance your credibility and marketability. Many successful coaches have backgrounds in various fields.
1. What are the job prospects for certified wellness coaches? The demand for wellness coaches is growing rapidly as more people prioritize their well-being. Job prospects are promising, especially for those who specialize in a niche area and build a strong professional brand.
1. What is the difference between a life coach and a wellness coach? While there's overlap, wellness coaches primarily focus on physical, mental, and emotional well-being, often incorporating aspects of nutrition, exercise, and stress management. Life coaches address a broader range of life goals and challenges.

how to become certified wellness coach: 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 to become certified wellness coach: Becoming a Professional Life Coach: Lessons from the Institute of Life Coach Training Diane S. Menendez, Patrick Williams, 2015-03-23 An updated version of the best-selling therapist-to-coach transition text. With his bestselling *Therapist As Life Coach*, Pat Williams introduced the therapeutic community to the career of life coach, and in *Becoming a Professional Life Coach* he and Diane Menendez covered all the basic principles and strategies for effective coaching. Now Williams, founder of the Institute for Life Coach Training (ILCT), and Menendez, former faculty at ILCT—both master certified coaches—bring back the book that has taught thousands of coaches over the past eight years with all-new information on coaching competencies, ethics, somatic coaching, wellness coaching, and how positive psychology and neuroscience are informing the profession today. Moving seamlessly from coaching fundamentals—listening skills, effective language, session preparation—to more advanced ideas such as helping clients to identify life purpose, recognize and combat obstacles, align values and actions, maintain a positive mind-set, and live with integrity, this new edition is one-stop-shopping for beginner and advanced coaches alike. Beginning with a brief history of the foundations of coaching and its future trajectory, *Becoming a Professional Life Coach* takes readers step-by-step through the coaching process, covering all the crucial ideas and techniques for being a successful life coach, including: • Listening to, versus listening for, versus listening with • Establishing a client's focus • Giving honest feedback and observation • Formulating first coaching conversations • Asking powerful, eliciting questions • Understanding human developmental issues • Reframing a client's perspective • Enacting change with clients • Helping clients to identify and fulfill core values, and much, much more. All the major skillsets for empowering and “stretching” clients are covered. By filling the pages with client exercises, worksheets, sample dialogues, and self-assessments, Williams and Menendez give readers a hands-on coaching manual to expertly guide their clients to purposeful, transformative lives. Today, with more and more therapists incorporating coaching into their practices, and the number of master certified coaches, many with niche expertise, growing every year, *Becoming a Professional Life Coach* fills a greater need than ever. By tackling the nuts and bolts of coaching, Williams and Menendez equip readers with the tools and techniques they need to make a difference in their clients' lives.

how to become certified wellness coach: 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 to become certified wellness coach: 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 to become certified wellness coach: 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 to become certified wellness coach: Body Love Every Day Kelly LeVeque, 2019-12-31 Forewords by Emmy Rossum and Jennifer Garner Ditch cravings and love your lifestyle with this

body-positive approach to health and wellness In her bestselling book *Body Love*, Kelly LeVeque shared how the Fab Four—protein, fat, fiber, and greens—can transform your health, your body, and your relationship with food. Now, in *Body Love Every Day*, Kelly gives you an action plan to adopt the Fab Four lifestyle in the way that's right for you. For a tailored approach, she has created comprehensive 21-day plans for four different archetypal women:

- The Girl on the Go wants a plan that's flexible enough to work with her busy schedule. Kelly shares on-the-go hacks for when you're out and about or traveling, delicious 15-minute meals, and simple strategies to stay balanced every day.
- The Domestic Goddess is dedicated to building a healthy home through cooking with and using clean products. Kelly shows you how to elevate your cooking and home to healthier heights.
- The Plant-Based Devotee wants to incorporate the Fab Four into her vegetarian or vegan diet. With over forty delectable plant-based recipes, Kelly gives you a plan to stay nourished and fueled while staying committed to your lifestyle.
- The Red-Carpet Ready gal wants to look her best for her next big event. Rock your version of the red carpet with the same strategies Kelly uses with her A-list celebrity clients, including recipes to debloat and brighten skin, workouts to tighten and tone, and ideal eating windows to help boost results.

Whether you're one of these archetypes or a combination of them, *Body Love Every Day* provides a plan to help you achieve natural wellness for the body, mind, and soul. You'll find recipes and nutrition information for every meal, exercise and movement for every day, stress management and energy recharge for nights and weekends, and emotional support to get you through the inevitable tough times. Whether you're looking to live healthier or drop a jean size, boost your fitness or just feel better, *Body Love Every Day* is your guide to success.

how to become certified wellness coach: Masterful Health and Wellness Coaching

Michael Arloski, 2021-08 In *Masterful Health & Wellness Coaching* Dr. Arloski focuses on advancing the reader's understanding of the process of coaching in the health and wellness setting and guides the reader to a comprehensive level of expertise. Honing the craft as wellness coaches is the goal. *Masterful Health & Wellness Coaching* offers tools to become a true master of the history, research, scholarship, and techniques of wellness coaching at its highest level. *Masterful Health & Wellness Coaching* is divided into three parts, beginning with a foundation that great coaching is about transformation. Changing behavior needs to be viewed not through a unitary lens, but in the context of growth and development. Arloski reveals how this can be done for the client, for the coach, and for the growing profession of wellness coaching. The second part focuses on How to Be, that is, a coaches presence and way of being in the world and with a client, and the powerful effect this has upon the coaching process. Part Three takes a deeper dive into the craft of wellness coaching. Throughout Dr. Arloski references what can be learned from relevant theory and research. *Masterful Health & Wellness Coaching* is tailored to coaches who want to go beyond the basics of SMART Goals and accountability, beyond tracking calories and sit-ups. It is for:

- Coaches who want to become scholars of coaching.
- Coaches who want to develop a greater understanding of the process of behavioral change.
- Coaches who want to learn more about wellness.
- Coaches who want to master what the entire field of health promotion has discovered about being well.
- Coaches who want to become skilled craftspeople.
- Coaches who want to meet their clients with understanding, empathy, and non-judgment.

Dr. Arloski believes that coaching isn't about all the things a client is doing wrong and how grim their situation is. It's about what is needed to ensure a successful future. *Masterful Health & Wellness Coaching* gives you the tools to start your client on the path to success and to coach him or her until their healthy-living skills are second nature. The root of the word coach can be traced to a village in Hungary, Kocs, where carriages were made in the 1500's. Coaches love metaphors and what is better than this one: A coach takes you from where you are at to where you want to go. Perfect. The client is the one with the reins and it is the coaching process that facilitates the journey.

how to become certified wellness coach: 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 to become certified wellness coach: The Primal Blueprint Mark Sisson, 2019 The New Primal Blueprint serves as the ultimate road map for anyone wishing to make the shift from flawed conventional wisdom about diet and exercise to a healthy, happy empowering lifestyle patterned after the evolutionary-tested behaviors of our hunter-gatherer ancestors. The book details the ten immutable Primal Blueprint lifestyle laws that enable empower you to reprogram your genes to direct in the direction of weight loss, health, and longevity. The Primal Blueprint laws are validated by two million years of human evolution as well as an ever-expanding body of contemporary scientific research. Sisson's philosophy was originally met with skepticism as he aggressively challenged numerous mainstream health tenets. Eight years later, mainstream medical and health science are validating the Primal Blueprint tenets assertions that a high-carb, grain-based diet will make you fat, tired, and sick; that a consistent routine of medium-to-difficult cardiovascular workouts can actually compromise your health and longevity and increase risk of heart disease; and that consuming (whole food sources of) fat and cholesterol does not lead to heart disease as we have been led to believe, but rather offers many health benefits. --

how to become certified wellness coach: Intuitive Eating, 2nd Edition Evelyn Tribole, M.S., R.D., Elyse Resch, M.S., R.D., F.A.D.A., 2007-04-01 We've all been there-angry with ourselves for overeating, for our lack of willpower, for failing at yet another diet that was supposed to be the

last one. But the problem is not you, it's that dieting, with its emphasis on rules and regulations, has stopped you from listening to your body. Written by two prominent nutritionists, Intuitive Eating focuses on nurturing your body rather than starving it, encourages natural weight loss, and helps you find the weight you were meant to be. Learn: *How to reject diet mentality forever *How our three Eating Personalities define our eating difficulties *How to feel your feelings without using food *How to honor hunger and feel fullness *How to follow the ten principles of Intuitive Eating, step-by-step *How to achieve a new and safe relationship with food and, ultimately, your body With much more compassionate, thoughtful advice on satisfying, healthy living, this newly revised edition also includes a chapter on how the Intuitive Eating philosophy can be a safe and effective model on the path to recovery from an eating disorder.

how to become certified wellness coach: Well Nourished Andrea Lieberstein, 2017-07-01 You don't have to turn to food in difficult times. Well Nourished shows you how to develop a mindful relationship with food as you nourish yourself emotionally. There is much more to nourishing yourself than simply eating food. After a long day of feeling run down and exhausted, what you're likely really hungering for are other forms of nourishment. Well Nourished is here to show you how to live a life where you can feel nourished emotionally, intellectually, physically, socially, and creatively. This is your chance to be mindfully present as you receive, experience, and engage in the nourishing activities and moments that will sustain you on levels other than what your stomach is telling you. You will learn to maintain an inner sense of balance and nourishment even when the waters of life are pitching you around like a ship in a storm. Well Nourished gives you the tools and practices to accomplish all of this when you might otherwise turn to food in these difficult times. With Well Nourished, you will develop a mindful relationship to food and craft your well-nourished life.

how to become certified wellness coach: Re-Imagining the End of Life Janet Booth, 2019-04-18 What does it mean to be prepared for the last part of our lives? One of the many lessons author and end-of-life nurse coach Janet Booth learned at the bedside of dying people is how painful it is to come unprepared to the end of life, whether it is our own or that of our loved ones. Much of the suffering we experience seems to come from our unfamiliarity with the journey at end of life and our not knowing how to prepare for it. So there is a need for a different kind of conversation about serious illness and dying in our country. Nurses are trusted professionals who are present with people through all of life's transitions. How might they take more leadership in these conversations? The purpose of this handbook is to provide nurses, coaches, and other health care professionals with opportunities for reflection and inspiration in their work. As nurses and health care professionals, many of us have seen firsthand that the process of navigating serious illness and death within our complex health care system is often confusing, isolating, crisis-driven, and dis-heartening. What outcomes might be possible if instead: * we reimagined the end of life as a vital, purposeful stage of human development? * practices of healing - forgiveness, gratitude, and letting go - became essential parts of our care plans? * wisdom instead of fear informed our challenging decision points? * we prepared for death in order to live more fully the time that we have? * the hard work of caregiving was sustainable and meaningful for both family and professional caregivers? In this book you will find fresh ideas, tools, and reflective practices that encourage you to explore your personal beliefs and values about aging, advanced illness, and dying. It is intended to inspire you to reimagine the end of life as a vital part of how we become fully human - a time of life that holds value, meaning, and purpose.

how to become certified wellness coach: ROAR Stacy T. Sims, PhD, Selene Yeager, 2016-07-05 "Dr. Sims realizes that female athletes are different than male athletes and you can't set your race schedule around your monthly cycle. ROAR will help every athlete understand what is happening to her body and what the best nutritional strategy is to perform at her very best."—Evie Stevens, Olympian, professional road cyclist, and current women's UCI Hour record holder Women are not small men. Stop eating and training like one. Because most nutrition products and training plans are designed for men, it's no wonder that so many female athletes struggle to reach their full

potential. ROAR is a comprehensive, physiology-based nutrition and training guide specifically designed for active women. This book teaches you everything you need to know to adapt your nutrition, hydration, and training to your unique physiology so you can work with, rather than against, your female physiology. Exercise physiologist and nutrition scientist Stacy T. Sims, PhD, shows you how to be your own biohacker to achieve optimum athletic performance. Complete with goal-specific meal plans and nutrient-packed recipes to optimize body composition, ROAR contains personalized nutrition advice for all stages of training and recovery. Customizable meal plans and strengthening exercises come together in a comprehensive plan to build a rock-solid fitness foundation as you build lean muscle where you need it most, strengthen bone, and boost power and endurance. Because women's physiology changes over time, entire chapters are devoted to staying strong and active through pregnancy and menopause. No matter what your sport is—running, cycling, field sports, triathlons—this book will empower you with the nutrition and fitness knowledge you need to be in the healthiest, fittest, strongest shape of your life.

how to become certified wellness coach: The Five Love Languages Gary Chapman, 2009-12-17 Marriage should be based on love, right? But does it seem as though you and your spouse are speaking two different languages? #1 New York Times bestselling author Dr. Gary Chapman guides couples in identifying, understanding, and speaking their spouse's primary love language-quality time, words of affirmation, gifts, acts of service, or physical touch. By learning the five love languages, you and your spouse will discover your unique love languages and learn practical steps in truly loving each other. Chapters are categorized by love language for easy reference, and each one ends with simple steps to express a specific language to your spouse and guide your marriage in the right direction. A newly designed love languages assessment will help you understand and strengthen your relationship. You can build a lasting, loving marriage together. Gary Chapman hosts a nationally syndicated daily radio program called A Love Language Minute that can be heard on more than 150 radio stations as well as the weekly syndicated program Building Relationships with Gary Chapman, which can both be heard on fivelovelanguages.com. The Five Love Languages is a consistent New York Times bestseller - with over 5 million copies sold and translated into 38 languages. This book is a sales phenomenon, with each year outselling the prior for 16 years running!

how to become certified wellness coach: The Food Babe Way Vani Hari, 2015-02-10 Eliminate toxins from your diet and transform the way you feel in just 21 days with this national bestseller full of shopping lists, meal plans, and mouth-watering recipes. Did you know that your fast food fries contain a chemical used in Silly Putty? Or that a juicy peach sprayed heavily with pesticides could be triggering your body to store fat? When we go to the supermarket, we trust that all our groceries are safe to eat. But much of what we're putting into our bodies is either tainted with chemicals or processed in a way that makes us gain weight, feel sick, and age before our time. Luckily, Vani Hari -- aka the Food Babe -- has got your back. A food activist who has courageously put the heat on big food companies to disclose ingredients and remove toxic additives from their products, Hari has made it her life's mission to educate the world about how to live a clean, organic, healthy lifestyle in an overprocessed, contaminated-food world, and how to look and feel fabulous while doing it. In The Food Babe Way, Hari invites you to follow an easy and accessible plan that will transform the way you feel in three weeks. Learn how to: Remove unnatural chemicals from your diet Rid your body of toxins Lose weight without counting calories Restore your natural glow Including anecdotes of her own transformation along with easy-to-follow shopping lists, meal plans, and tantalizing recipes, The Food Babe Way will empower you to change your food, change your body, and change the world.

how to become certified wellness coach: Authentic Happiness Martin Seligman, 2011-01-11 In this important, entertaining book, one of the world's most celebrated psychologists, Martin Seligman, asserts that happiness can be learned and cultivated, and that everyone has the power to inject real joy into their lives. In Authentic Happiness, he describes the 24 strengths and virtues unique to the human psyche. Each of us, it seems, has at least five of these attributes, and

can build on them to identify and develop to our maximum potential. By incorporating these strengths - which include kindness, originality, humour, optimism, curiosity, enthusiasm and generosity -- into our everyday lives, he tells us, we can reach new levels of optimism, happiness and productivity. Authentic Happiness provides a variety of tests and unique assessment tools to enable readers to discover and deploy those strengths at work, in love and in raising children. By accessing the very best in ourselves, we can improve the world around us and achieve new and lasting levels of authentic contentment and joy.

how to become certified wellness coach: 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 to become certified wellness coach: Thrive Arianna Huffington, 2014-03-25 In *Thrive*, Arianna Huffington makes an impassioned and compelling case for the need to redefine what it means to be successful in today's world. Arianna Huffington's personal wake-up call came in the form of a broken cheekbone and a nasty gash over her eye--the result of a fall brought on by exhaustion and lack of sleep. As the cofounder and editor-in-chief of the Huffington Post Media Group--one of the fastest growing media companies in the world--celebrated as one of the world's most influential women, and gracing the covers of magazines, she was, by any traditional measure, extraordinarily successful. Yet as she found herself going from brain MRI to CAT scan to echocardiogram, to find out if there was any underlying medical problem beyond exhaustion, she wondered is this really what success feels like? As more and more people are coming to realize, there is far more to living a truly successful life than just earning a bigger salary and capturing a corner office. Our relentless pursuit of the two traditional metrics of success--money and power--has led to an epidemic of burnout and stress-related illnesses, and an erosion in the quality of our relationships, family life, and, ironically, our careers. In being connected to the world 24/7, we're losing our connection to what truly matters. Our current definition of success is, as *Thrive* shows, literally killing us. We need a new way forward. In a commencement address Arianna gave at Smith 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.

how to become certified wellness coach: FASTER Way to Fat Loss Amanda Tress, 2019-05-20 Are you one of the millions of individuals who have tried every fad diet on the market, and still can't

meet your goals? Or maybe you're killing yourself at the gym, spending hours on the treadmill to maintain the perfect number on the scale. Regardless of your failing strategy, you're feeling exhausted, discouraged, and uninspired. Enter The FASTER Way to Fat Loss, a behind-the-scenes look at the lifestyle sweeping the health and wellness industry. Since the creation of the program in 2016, the FASTER Way has helped tens of thousands of men and women lose fat and regain confidence. Through the book, Amanda Tress, author and creator of the FASTER Way to Fat Loss, details the core components of the FASTER Way and dives into the science that backs them up. Please note: Purchasing this book does NOT include participation in the official FASTER Way to Fat Loss program. Program registration must be purchased separately at www.fasterwaytofatloss.com.

how to become certified wellness coach: *Nurse Coaching* Barbara Dossey, Susan Luck, Bonney Gulino Schaub, 2014-10-20 Nurse Coaching: Integrative Approaches for Health and Wellbeing By Barbara Montgomery Dossey, Susan Luck, and Bonney Gulino Schaub 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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approach, its theory, history, therapy process, primary change mechanisms, the empirical basis for its effectiveness, and contemporary and future developments.

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