

wellness coach certification california

Wellness Coach Certification California: Your Guide to a Thriving Career

Are you passionate about helping others achieve their optimal health and well-being? Do you dream of turning that passion into a rewarding career? Becoming a certified wellness coach in California could be the perfect path for you. This comprehensive guide dives deep into everything you need to know about obtaining a wellness coach certification in California, from understanding the different certification programs available to navigating the licensing requirements and building a successful practice. We'll cover the benefits, the process, and the potential pitfalls, ensuring you're well-equipped to make an informed decision.

Understanding the Wellness Coaching Landscape in California

California, a state known for its progressive health initiatives, offers a burgeoning market for wellness coaches. The demand for professionals who can guide individuals toward healthier lifestyles is consistently growing, driven by factors like increased awareness of preventative health, the rise of chronic diseases, and a growing desire for holistic well-being. However, the "wellness coach" title isn't regulated in California, meaning anyone can call themselves a wellness coach. This lack of regulation, while offering freedom, also highlights the importance of choosing a reputable and rigorous certification program.

Types of Wellness Coach Certifications in California

Several types of wellness coach certifications are available in California, each with its own focus and requirements. Here's a breakdown:

Holistic Wellness Coaching: This broad approach incorporates various aspects of well-being, including physical, mental, emotional, and spiritual health. Certifications often cover nutrition, stress management, mindfulness, and goal setting.

Health and Wellness Coaching: This type focuses specifically on improving physical health through lifestyle changes, often incorporating elements of nutrition, exercise, and behavior modification.

Specialized Wellness Coaching: Many certifications cater to niche areas, such as weight loss coaching, corporate wellness coaching, or life coaching with a wellness focus. Choosing a specialization depends on your interests and target clientele.

Integrative Wellness Coaching: This approach combines conventional medical knowledge with complementary and alternative medicine (CAM) modalities to create a holistic wellness plan.

Finding a Reputable Wellness Coach Certification Program in California

Choosing the right certification program is crucial. Consider these factors:

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

Curriculum: Review the program's curriculum carefully. Does it cover the essential skills and knowledge needed to be a successful wellness coach? Look for programs that emphasize practical application and hands-on experience.

Instructor Qualifications: Ensure the instructors are experienced and qualified professionals in their respective fields.

Continuing Education: Many certifications require ongoing continuing education to maintain your certification. Check whether the program offers opportunities for ongoing professional development.

Cost and Duration: Weigh the cost of the program against its value and your budget. Consider the program's duration and whether it fits your schedule and learning style.

The Certification Process: What to Expect

The exact process will vary depending on the chosen program, but generally includes:

1. **Application and Acceptance:** You'll need to complete an application and meet the program's admissions requirements.
1. **Coursework:** The program will involve completing coursework, which may be online, in-person, or a hybrid model.
1. **Practical Application:** Many programs require practical experience, such as completing coaching hours with clients or participating in supervised practice.
1. **Examination:** You'll likely need to pass an examination to demonstrate your competency.

1. Certification: Upon successful completion of all requirements, you'll receive your wellness coach certification.

Building Your Wellness Coaching Business in California

Once certified, you can begin building your wellness coaching business. Consider these steps:

Business Plan: Develop a solid business plan that outlines your target market, services, pricing, marketing strategy, and financial projections.

Marketing and Networking: Network with other professionals in the health and wellness industry. Utilize social media, online marketing, and local networking events to reach potential clients.

Insurance and Legal Compliance: Check the legal requirements for operating a business in California and obtain the necessary insurance coverage.

Setting Your Rates: Research industry standards and determine your pricing structure.

Client Acquisition: Develop a system for attracting and retaining clients, including marketing materials, a website, and client management tools.

Ethical Considerations for Wellness Coaches in California

Maintaining high ethical standards is crucial. This includes:

Confidentiality: Protecting client confidentiality is paramount.

Boundaries: Establishing and maintaining clear professional boundaries with clients.

Competence: Only providing services within your area of expertise.

Referrals: Referring clients to other professionals when necessary.

Conclusion

Becoming a certified wellness coach in California offers a rewarding career path with significant potential for personal and professional growth. By carefully choosing a reputable certification program, building a strong business foundation, and maintaining high ethical standards, you can create a successful and fulfilling career helping others achieve their wellness goals. Remember to thoroughly research different programs, compare their offerings, and choose the one that best aligns with your aspirations and professional goals.

Frequently Asked Questions (FAQs)

1. Is a wellness coach certification required in California?

No, a wellness coach certification is not legally required in California. However, it significantly enhances your credibility, demonstrates competency, and makes you more marketable to clients.

1. How much does a wellness coach certification program cost in California?

The cost varies widely depending on the program, its length, and the provider. Expect to invest anywhere from a few hundred dollars to several thousand dollars.

1. How long does it take to become a certified wellness coach in California?

The duration depends on the program you choose. Some programs can be completed in a few months, while others may take a year or more.

1. What are the career prospects for certified wellness coaches in California?

The career prospects are excellent. The demand for wellness coaches is growing steadily, offering opportunities for employment in various settings, including private practice, corporate wellness programs, and healthcare facilities.

1. Can I work as a wellness coach remotely in California?

Yes, many wellness coaches in California work remotely, offering online coaching sessions and leveraging technology to connect with clients across geographical boundaries.

wellness coach certification california: 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.

wellness coach certification california: *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.

wellness coach certification california: *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.

wellness coach certification california: *The Double-Goal Coach* Jim Thompson, 2003-08-12
The Double-Goal Coach is filled with powerful coaching tools based on Jim Thompson's Positive Coaching Alliance. These strategies reflect the best-practices of elite coaches and the latest research in sports psychology. Hundreds of workshops have shaped these tools for maximum effectiveness and ease of use. The lessons and activities can be used in the very next practice to make sports fun and to get the best from players. The Double-Goal Coach provides the framework for coaches and parents to transform youth sports so sports can transform youth -- allowing young athletes to enjoy sports while learning valuable life lessons.

wellness coach certification california: *The 21-Day Sugar Detox* Diane Sanfilippo, 2013-10-29
SUGAR IS TAKING OVER OUR LIVES. But why? And is it only those sweet, refined white crystals that are causing us problems, or could there be more to the story? Let's be honest: The problem isn't just sugar itself. It's the refined, nutrient-poor carbohydrates that carry tons of calories, but no real nutrition. In our world, these are the easiest foods to grab on the go, but they leave us fat, sick, tired, and downright unhappy. The effect that sugar, hidden carbs, and refined, processed foods have on our bodies goes far beyond our waistlines. We can't focus, we can't sleep, we have irrational mid-afternoon cravings, and we can't even make it through the day without wanting—or needing—to prop up our energy levels with caffeine or even more sugar! What can we do to break free from this cycle? The 21-Day Sugar Detox is here to help. The 21-Day Sugar Detox is a clear-cut, effective, whole-foods-based nutrition action plan that will reset your body and your habits! Tens of thousands of people have already used this groundbreaking guide to shatter the vicious sugar stronghold. Now it's your turn! Use the easy-to-follow meal plans and more than 90 simple recipes in this book to bust a lifetime of sugar and carb cravings in just three weeks. Three levels of the program make it approachable for anyone, whether you're starting from scratch or from a gluten-free, grain-free, and/or Paleo/primal lifestyle. The 21-Day Sugar Detox even includes special modifications for athletes (endurance, CrossFit, HIIT-style, and beyond), pregnant/nursing moms, pescetarians, and people with autoimmune conditions. What you'll experience on this program will be different from a lot of other diet programs out there that promote extremely restricted eating; encourage you to consume only shakes, juices, or smoothies; or rely heavily on supplements and

very-low-calorie or very-low-fat diets to ensure success. The goal of any detox program should be to support your body in naturally cleansing itself of substances that create negative health effects—and that's exactly what The 21-Day Sugar Detox does. By focusing on quality protein, healthy fats, and good carbs, this program will help you change not only the foods you eat, but also your habits around food, and even the way your palate reacts to sweet foods. You'll likely complete the program and continue eating this way much of the time thereafter because you'll feel so amazing. After changing your everyday eating habits, you will begin to gain a new understanding of how food works in your body—and just how much nutrition affects your entire life. There's no reason to wait!

wellness coach certification california: Mastering Diabetes Cyrus Khambatta, PhD, Robby Barbaro, MPH, 2020-02-18 The instant New York Times bestseller. A groundbreaking method to master all types of diabetes by reversing insulin resistance. Current medical wisdom advises that anyone suffering from diabetes or prediabetes should eat a low-carbohydrate, high-fat diet. But in this revolutionary book, Cyrus Khambatta, PhD, and Robby Barbaro, MPH, rely on a century of research to show that advice is misguided. While it may improve short-term blood glucose control, such a diet also increases the long-term risk for chronic diseases like cancer, high blood pressure, high cholesterol, chronic kidney disease, and fatty liver disease. The revolutionary solution is to eat a low-fat plant-based whole-food diet, the most powerful way to reverse insulin resistance in all types of diabetes: type 1, type 1.5, type 2, prediabetes, and gestational diabetes. As the creators of the extraordinary and effective Mastering Diabetes Method, Khambatta and Barbaro lay out a step-by-step plan proven to reverse insulin resistance—the root cause of blood glucose variability—while improving overall health and maximizing life expectancy. Armed with more than 800 scientific references and drawing on more than 36 years of personal experience living with type 1 diabetes themselves, the authors show how to eat large quantities of carbohydrate-rich whole foods like bananas, potatoes, and quinoa while decreasing blood glucose, oral medication, and insulin requirements. They also provide life-changing advice on intermittent fasting and daily exercise and offer tips on eating in tricky situations, such as restaurant meals and family dinners. Perhaps best of all: On the Mastering Diabetes Method, you will never go hungry. With more than 30 delicious, filling, and nutrient-dense recipes and backed by cutting-edge nutritional science, Mastering Diabetes will help you maximize your insulin sensitivity, attain your ideal body weight, improve your digestive health, gain energy, live an active life, and feel the best you've felt in years.

wellness coach certification california: *Prime-Time Health* William Sears, 2010-01-06 Twelve years ago, renowned physician and author Dr. William Sears was diagnosed with cancer. He, like so many people, wanted -- and needed -- to take control of his health. Dr. Sears created a comprehensive, science based, head-to-toe program for living a long, fit life -- and it worked. Now at the peak of health, Dr. Sears shares his program in *Prime-Time Health*. This engaging and deeply informative book will motivate readers to make crucial behavior and lifestyle changes. Dr. Sears explores how to keep each body system healthy and delay those usual age-related changes. Written in Dr. Sears's wise, accessible, and entertaining voice, *Prime-Time Health* is a practical program to help you live your best life possible—pain-free, disease-free, stress-free, and medication-free.

wellness coach certification california: *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.

wellness coach certification california: *NASM Essentials of Personal Fitness Training*, 2008 Developed by the National Academy of Sports Medicine (NASM), this book is designed to help people prepare for the NASM Certified Personal Trainer (CPT) Certification exam or learn the basic principles of personal training using NASM's Optimum Performance Training (OPT) model. The OPT model presents NASM's protocols for building stabilization, strength, and power. More than 600 full-color illustrations and photographs demonstrate concepts and techniques. Exercise color coding maps each exercise movement to a specific phase on the OPT model. Exercise boxes demonstrate

core exercises and detail the necessary preparation and movement. Other features include research notes, memory joggers, safety tips, and review questions.

wellness coach certification california: NASM Essentials of Corrective Exercise Training Micheal Clark, Scott Lucett, National Academy of Sports Medicine, 2010-09-21 NASM Essentials of Corrective Exercise Training introduces the health and fitness professional to NASM's proprietary Corrective Exercise Continuum, a system of training that uses corrective exercise strategies to help improve muscle imbalances and movement efficiency to decrease the risk of injury. This textbook includes several new chapters that were not included in NASM's previous corrective exercise materials, including the rationale for corrective exercise training, assessments of health risk, static postural assessments, range of motion assessments, and strength assessments (manual muscle testing) as well as corrective exercise strategies for the cervical spine, elbow, and wrist. There are more than 100 corrective exercise techniques in the categories of self-myofascial release, static stretching, neuromuscular stretching, isolated strength training, positional isometrics, and integrated dynamic movements included in the text. These, along with corrective exercise strategies for common movement impairments seen in each segment of the body, make this text the premier resource for learning and applying NASM's systematic approach to corrective exercise training.

wellness coach certification california: A Coach for Christ La Vonne Earl, 2021-03-05 "Proven strategies to help one gain the rapport necessary to lead anyone to the Lord" (Brian Simmons, *The Passion Translation*). Often people don't understand how to gain the empathy necessary to lead others, *A Coach for Christ* solves that problem. In it, believers discover how to relate to others so they can lead them on the right path. It is a great resource for parents desiring to help their children get into a true relationship with Jesus and transform their lives. With *A Coach for Christ*, believers learn the proper communication tools to help others listen to what they have to say. Once accomplished, believers will notice others are being drawn to them as they learn how to bless them in a way that satiates their true desires. *A Coach for Christ* is very innovative and unique in its approach to bring others into a saving relationship with the Lord. No longer will people be turned off by Christian dialogue as believers will discover new tools that work. In *A Coach for Christ*, believers will gain: Proven strategies to help one gain the rapport necessary to lead anyone to the Lord Secular tools with a Biblical foundation to help bring others to the Lord Solid Biblical truth with real tools to help train disciples to bring others to the Lord An understanding of others and the ability to relate to ALL people in order to lead A new inner narration that brings peace and love "La Vonne's Christ-centered coaching method brings wholeness through biblical based tools to transform our body, mind, and spirit through the Holy Spirit. Through these practices our true godly identity is revealed. She will help you to experience a healthy and blessed LIFE through coming to know Jesus our number one LIFE COACH!" —Rev. Julie Scott, founder of South Pacific Women Empowered Ministry "A fabulous book! La Vonne Earl has written a clear, well-organized guide to assist in gaining confidence as a life coach, or for anyone wanting to speak truth into their own lives or the lives of others." —Ginger Lehr, certified professional coach

wellness coach certification california: Personal and Executive Coaching Jeffrey Ethan Auerbach, 2001 A comprehensive, hands-on guide to what it takes to be an outstanding personal or executive coach, this must-have book is complete with a detailed how to techniques section and fifteen outstanding examples from the world's top coaches.

wellness coach certification california: *ACSM Certified Personal Trainer Exam Prep* Ascencia, 2020-08-12

wellness coach certification california: 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

wellness coach certification california: High Performance Habits Brendon Burchard, 2017-09-19 THESE HABITS WILL MAKE YOU EXTRAORDINARY. Twenty years ago, author Brendon Burchard became obsessed with answering three questions: 1. Why do some individuals and teams succeed more quickly than others and sustain that success over the long term? 2. Of those who pull it off, why are some miserable and others consistently happy on their journey? 3. What motivates people to reach for higher levels of success in the first place, and what practices help them improve the most After extensive original research and a decade as the world's leading high performance coach, Burchard found the answers. It turns out that just six deliberate habits give you the edge. Anyone can practice these habits and, when they do, extraordinary things happen in their lives, relationships, and careers. Which habits can help you achieve long-term success and vibrant well-being no matter your age, career, strengths, or personality? To become a high performer, you must seek clarity, generate energy, raise necessity, increase productivity, develop influence, and demonstrate courage. The art and science of how to do all this is what this book is about. Whether you want to get more done, lead others better, develop skill faster, or dramatically increase your sense of joy and confidence, the habits in this book will help you achieve it faster. Each of the six habits is illustrated by powerful vignettes, cutting-edge science, thought-provoking exercises, and real-world daily practices you can implement right now. If you've ever wanted a science-backed, heart-centered plan to living a better quality of life, it's in your hands. Best of all, you can measure your progress. A link to a free professional assessment is included in the book.

wellness coach certification california: 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.

wellness coach certification california: *Energy Leadership* Bruce D Schneider, 2010-12-16 In *Energy Leadership*, renowned coach Bruce D. Schneider teaches how to understand the most important personal resource of all -- energy, and shows how to harness it to achieve success in the workplace, the home, and in the world at large. This engaging and fast-paced story clearly explains how managers and leaders from all walks of life can use the principles of *Energy Leadership* to inspire themselves and others to achieve extraordinary results in whatever they do. The author provides insight into a cutting edge coaching process he has developed, which has positively impacted the lives of tens of thousands of people in both the corporate and private sectors. You will learn how to: Recognize the seven distinct levels that are the key to understanding why everyone thinks and acts the way they do, in life and specifically within the workplace. Distinguish truly effective leaders from those who deplete the energy of the people around them, and specific techniques to shift energy levels to inspire peak performance. Become powerful leaders who motivate themselves and others to reach their true potential. Identify the Big Four Energy Blocks and discover proven techniques and strategies for overcoming these and other obstacles to success. Develop the ability to shift internal energy to meet any leadership challenge, and use this newfound power to inspire respect, confidence, and loyalty in others. If you always try to inspire others but sometimes feel like something's missing, something is. *Energy Leadership* puts you in touch with the missing link between your ambitions and your ability to achieve them.

wellness coach certification california: *Hold on to Your N.U.T.s** Wayne M. Levine, 2007 Being a man is a full-time job, especially when you're married or in a relationship. *Hold on to Your N.U.T.s* can help build a life that fulfills both you and your partner by showing you how to confirm the ideas and causes you support your Non-negotiable, Unalterable Terms. The N.U.T.s become the framework for how you conduct your relationships, whether you're committed to spending more one-on-one time with your kids or not hiding out at the office to avoid problems with your wife. By laying down guidelines of what's right and wrong, what you like and dislike, you will learn to silence the little boy inside and become a strong, self-assured man who is focused on creating the best life possible for you and your companion.

wellness coach certification california: *The Hoffman Process* Tim Laurence, 2007-12-18 For more than 35 years, the Hoffman Process has been recognized as one of the most potent transformational processes; however, the 8-day residential program is out of reach for most people. Now, Tim Laurence reveals this powerful methodology with warmth and clarity. Using practical exercises, personal stories, case histories, and insightful commentary, Laurence skillfully teaches how to identify and resolve the inherited patterns of behavior that cause emotional and spiritual pain. In this book readers will learn powerful ways to: Break the compulsive patterns that run your life, exercise your own free will, and regain control of your thoughts and behavior Free up energy by releasing your pent-up resentments and directly experience your own spirituality Identify what you really want in life, and finally make the changes you have been putting off for years The Hoffman Process is endorsed by an extraordinary array of experts and leaders from all walks of life, and it includes the results of a grant research study proving the long-term effectiveness of the Process.

wellness coach certification california: The Conscious Parent Shefali Tsabary, 2014-08-28 THE NEW YORK TIMES BESTSELLER Conscious parenting is about becoming mindful of your behaviour and engaging with your child as an individual. Dr Tsabary inspires parents to get back in touch with their emotions and shed the layers of baggage they have inherited during their own life and are unconsciously heaping on their children. As they become 'conscious' in their parenting, so parents can transform their relationship with their offspring and raise happy, well-adjusted children. The Conscious Parent is already transforming the way people are parenting through its sales in the US where it's spent 15 weeks on the New York Times bestseller list. Oprah described the book as 'The most profound book on parenting I've ever read' and Eckhart Tolle has said 'becoming a conscious parent is the greatest gift you can give your child.' The book features a foreword by His Holiness The Dalai Lama.

wellness coach certification california: Holistic Healing Peter A. Dunn, 2019-06-01 A practical and insightful guide, Holistic Healing investigates the practices, theories, research, and history of holistic approaches as it relates to a wide range of health care and human service professionals. This text offers a uniquely comparative and integrated understanding of both ancient and modern Indigenous, Eastern, and Western traditional practices, including bodywork, expressive arts, energy medicine, eco-psychology, transpersonal psychology, naturopathy, homeopathy, Ayurveda, traditional Chinese medicine, and Indigenous healing practices. Practitioners and scholars in health, nutrition, psychology, and social work contribute to research that focuses on individual, organizational, national, and global holistic intervention applications. Chapters in this collection address critical issues such as colonization, human rights, the environment, peace and conflict, and equity and inclusion. This collection is a timely and practical resource for students of undergraduate health, social work, sociology, holistic healing, and psychology programs and is also a great resource for professional practitioners.

wellness coach certification california: Glucose Revolution Jessie Inchauspe, 2022-04-05 USA TODAY BESTSELLER * WALL STREET JOURNAL BESTSELLER * INSTANT INTERNATIONAL BESTSELLER Improve all areas of your health—your sleep, cravings, mood, energy, skin, weight—and even slow down aging with easy, science-based hacks to manage your blood sugar while still eating the foods you love. Glucose, or blood sugar, is a tiny molecule in our body that has a huge impact on our health. It enters our bloodstream through the starchy or sweet foods we eat. Ninety percent of us suffer from too much glucose in our system—and most of us don't know it. The symptoms? Cravings, fatigue, infertility, hormonal issues, acne, wrinkles... And over time, the development of conditions like type 2 diabetes, polycystic ovarian syndrome, cancer, dementia, and heart disease. Drawing on cutting-edge science and her own pioneering research, biochemist Jessie Inchauspé offers ten simple, surprising hacks to help you balance your glucose levels and reverse your symptoms—without going on a diet or giving up the foods you love. For example: * How eating foods in the right order will make you lose weight effortlessly * What secret ingredient will allow you to eat dessert and still go into fat-burning mode * What small change to your breakfast will unlock energy and cut your cravings Both entertaining, informative, and packed with the latest scientific data, this book presents a new way to think about better health. Glucose Revolution is chock-full of tips that can drastically and immediately improve your life, whatever your dietary preferences.

wellness coach certification california: What Happy Working Mothers Know Cathy L. Greenberg, Ph.D, Barrett S. Avigdor, 2009-09-08 A fact-based and proven approach to help working mothers rediscover happiness as they balance their duties at home and work Science and sociology have made great strides in understanding what makes us happy and how we achieve it. For working mothers who face endless demands on their time and attention, What Happy Working Mothers Know provides scientifically proven and practical ways to find the right balance and replace stress with happiness. Written by a behavioral scientist and global leadership guru, and an international lawyer and career coach, this mom-friendly guide offers practical tactics that truly work. The demands of juggling work and home lead many women to try to do everything and be everything to everyone. In the effort to be Superwoman, many women lose sight of what makes them happy and they fail to

realize how important their happiness is to being a good worker and a good mother. The key to being your best at everything you do is to take care of your happiness the way you take care of your health, through conscious choices every day. You'll learn to overcome obstacles, apply lessons learned at work to your motherhood skills, and learn lessons from your children that you can apply at work. Includes interactive activities that illustrate important lessons in the book Shows you how to use positive psychology to shift from a scarcity mentality to an abundance mentality for workplace success Helps you tap into your own sense of joy every day for your own happiness and the happiness of those around you Science-based and packed with real case studies of real working moms Written by authors with impeccable qualifications and real-world experience Many moms raise great kids and achieve the professional success they desire and deserve, but if they aren't happy, what's the point? This book doesn't show you how to have it all, but how to have all the things that really matter.

wellness coach certification california: Mastin Kipp's Claim Your Power Mastin Kipp, 2017 With [this book], you'll wake up energized by the momentum you've unleashed, an energy that will only increase with each new accomplishment and breakthrough. And you'll discover the peace and sense of self-respect that comes only to those who follow through and bring their Purpose to life--Amazon.com.

wellness coach certification california: Chicken Soup for the Cancer Survivor's Soul Jack Canfield, Mark Victor Hansen, 2012-08-28 More than 100 cancer survivors share their personal stories in this touching collection of Chicken Soup. These heartwarming accounts of courageous people who found the power to battle cancer in their endless hope, unwavering faith, and steadfast determination will inspire you to adopt a positive attitude, discover your faith, and cherish every moment. Just what the doctor ordered for healing your body, mind, and soul.

wellness coach certification california: Thanks! Robert A. Emmons, 2008 A scientifically groundbreaking, eloquent look at how we benefit -- psychologically, physically, and interpersonally -- when we practice gratitude. In Thanks!, Robert Emmons draws on the first major study of the subject of gratitude, of "wanting what we have," and shows that a systematic cultivation of this underexamined emotion can measurably change people's lives.--

wellness coach certification california: Behavioral Coaching Suzanne Skiffington, Perry Zeus, 2003-08-30 The first published book to detail a model of behavioural coaching and how to apply it. Behavioral Coaching is a universal and scientific model, resulting in validated, measurable, sustained learning and change in individuals and organisations. Both of the authors are leaders in their fields. Their books sell well internationally and they have an established reputation as coaching authorities. This book follows on from the first two books; The Complete Guide to Coaching at Work was a general introduction to definitions and applications of coaching. Behavioral Coaching provides a model of practice for the coaching applications in The Complete Guide to Coaching at Work and the tools and techniques described in The Coaching at Work Toolkit. This book presents a coherent definition and model of behavioural coaching based upon scientific, validated behavioural principles.

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wellness coach certification california: Self Coaching 101 Brooke Castillo, 2008-11 Self coaching is about feeling better. It really is that simple. Everything we do in our lives is because we

want to feel better. When we give-it feels good. When we help others-it feels good. When we accomplish something-it feels good. Whenever we feel bad-we are usually seeking a way to feel good. The reason we want to feel good, is because it is our true nature. Alignment with our spirit-our true essence-the God within us feels good. It feels peaceful, joyous, honest, abundant and free. Through coaching ourselves we can feel good much more of the time. By coaching ourselves we find what is not working in our lives. We find that trying to change the external circumstances to change how we feel is impossible. We learn that fighting our emotions or trying to deny them only makes them bigger. We find that our thinking is the most important thing we can pay attention to in order to feel better now. By taking a peek into our own minds we can find the cause of all our suffering. We can see how we block our joy with outdated and untruthful thoughts and beliefs. By just being in this place of awareness we have aligned with our true nature and can observe the patterns of our lives. Hiring a coach can be an amazing experience. Having someone who is already outside of your mind give you a different perspective to consider is often the first step in change. But ultimately, it is the process of shifting your own perception with your own awareness that will create non-dependent freedom. This is why I feel so strongly about learning how to apply these simple self coaching tools in your own life and on your own mind. If you are willing to do the work now-it becomes a way of being. You will step into a life that is lived with awareness and consciousness because each time you feel any negative emotion you see it as a signal to coach yourself and realign with the true essence of you. Self coaching 101 teaches you the basics of how to do this. And the basics are enough.

wellness coach certification california: Positive Psychology in Coaching Sandra L. Foster (Ph.D.), Jeffrey E. Auerbach (Ph.D.), 2015-06-25 This is both a scholarly, and practical, how-to coaching book that features empirically based and immediately usable applications for executive and personal coaches. It is a logical companion manual to the Auerbach coaching book, *Personal and Executive Coaching*. The research summaries from key positive psychology founders and experts support the coaching applications. Author examples and the contributors' cases of positive psychology coaching are interspersed throughout the chapters as sidebars. Useful forms and tools are included in the appendix. This new volume is an excellent resource for the new or experienced coach and particularly engaging as a textbook for positive psychology and coaching courses.

wellness coach certification california: Make Some Noise Andrea Owen, 2021-08-31 A bold and unabashed guide to finding your voice, harnessing your true desires, and leading the life you really want. Women are tired of worrying that they are being too loud if they speak up and say what they believe, want, or need, and are ready to feel their power and make themselves heard. A certified life coach and author of the bestseller *How to Stop Feeling Like Shit*, Andrea Owen knows that this is absolutely attainable if women can channel their righteous anger and desire. But she also knows that they'll need to disrupt a status quo in which women have been conditioned and socialized to remain on the sidelines and to put others before themselves. With all of the expertise of a veteran feminist and hell-raiser, and the relatability of a dear friend, *Make Some Noise* will push women to step outside of rigid societal expectations and show them how to take back control of their lives, and make them all their own. In *Make Some Noise*, Owen deconstructs common behavior patterns that sabotage our power as women, and instead suggests new behaviors for creating a life that truly serves our desires and needs. From unlearning the notion that women should stay quiet and take up little space to trusting your inner wisdom, *Make Some Noise* is a raw and honest guidebook, and, ultimately, a call to arms.

wellness coach certification california: Wellness by Design Jamie Gold, 2020-09-01 Design your home to optimize your healthy lifestyle with this room-by-room guide from certified kitchen designer and wellness design consultant Jamie Gold. Residential designer Jamie Gold has spent years exploring how simple changes to things like lighting, fixtures, storage, and outdoor space can impact our health and wellness. In *Wellness by Design*, Gold offers a room-by-room guide to refreshing your space so that it supports your wellness journey. Good news, it doesn't require a yoga room and can be done in small apartments as well as large houses. This book explains how simple changes can make a huge difference in how you feel every day. You'll learn: - How to maximize

accessibility and organization in your kitchen for faster, healthier, and more delicious meals. - How to make easy fixes to your ventilation system to help ease symptoms of asthma and allergies - How to optimize your home office to eliminate back, neck, and foot pain. - How to enhance your bathroom tub and shower spaces to support fitness goals and simplify family life. - And much more! It's time for your home to work as hard as you do to support your health. With the right organization and interior design, your home can help you maintain and improve your health in a variety of ways, from improving health and preventing disease to encouraging clean eating, sustainable living, safety, fitness, serenity, and joy. Whether you're building your dream home or decorating your new rental, this book will help you keep your fitness goals and stay on track for a long and healthy life.

wellness coach certification california: 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.

wellness coach certification california: Brave Thinking Mary Morrissey, 2015-01-20 BRAVE THINKING is the culmination of more than 40 years of study, and 30 years of teaching this technology of transformation. People struggle with relationships. They struggle with money. They struggle with health. I've been coaching first as a minister, then for the last decade as a trainer outside the church world. But teaching, studying, and working in this laboratory called life. I've been both a student, and I've been a trainer in this laboratory, helping people unlock what it is they would love to have, be, do, give in their life. And helping them understand their capacity to do this. To use brave thinking and tap into the field of infinite possibility, potentiality, and work with a particular dream vision for their lives, so they can begin to see the pattern. Because once you see the pattern of how thoughts become things and how you can take what looks like very little and translate it into something much more - it's as different as moving from simple addition to squaring in math. When you are working with simple addition, the only way to get to 25 is you must amass 25 ones. When you learn to multiply you find that you only need two 5's to get to that same result. It takes way less effort and you have way more results. And when you move up the ladder of awareness a little bit further, you see you only need one 5. Brave Thinking will help people recognize that they have everything they need to live a life they love living, and a life that really has meaning and purpose and substance and significance. And I know how to do that. I know how to help them. BRAVE THINKING provides the code to a very different kind of thinking. Either one opens the doors to a potential that is something we are in love with, or something we fear. The purpose of this book is to provide very concrete direct clear simple understandings. Such as the world was flat or other kinds of commonplace thinking and help them recognize how much of that has governed their lives or the lives of people they know. It will show examples of people who dared to think beyond the boundaries of ordinary thinking and who dared to learn a new system of thinking. Rather than being condition based in a way of living life, they began to live a life that is vision-driven. And they came from a vision rather than living from circumstance. Most people think that when the circumstances change, i\$then I can make a new decision, "then I can have something" "then I can be something," "then I can do something." What if it's just the opposite? When you watch your television, and there are other common examples we'll use, when you turn on a TV, the picture you are seeing comes from the frequency that your tuner is tuned to. And when you go to a movie theater, the dancing images on the screen are simply reflections of the light passing through the film that's held before the projector.

wellness coach certification california: Keto-Adapted Maria Emmerich, 2013-12-09 A ketogenic diet isn't something new that has been recently formulated; people have been on a ketogenic diet for virtually three million years in which our brains were nurtured and evolved. Now the human brain is not only shrinking, but brain atrophy is the norm as we age and get plagued with diseases such as dementia, Alzheimer's disease and Parkinson's disease. People mistakenly think that they need to eat less and exercise more to create a calorie deficit in order to lose weight. This is not how diet and exercise helps with weight loss. A well-formulated keto-adapted diet along with proper exercise builds muscle and muscle builds mitochondria. It is in the mitochondria where fat is oxidized so you can keep your cells and liver insulin sensitized. Weight loss and health is about healthy mitochondria and about controlling hormones and specifically insulin. This is not a diet, it is a lifestyle. By eating this way, you will begin to heal your cells and will keep evolving your body into the happy and healthy person you want to be. This book is filled with the most impeccable nutrition information to fuel your cells. Maria's passion goes beyond explaining the 'why', she is a master in the kitchen and loves food. Her keto-adapted recipes at the end of the book tie all the nutrition together so you can become keto-adapted faster than ever.

wellness coach certification california: Well-Being Coaching Workbook Jeffrey E. Auerbach, 2014-07-15 The essential workbook for coaching clients written by Jeffrey E. Auerbach, Ph.D., founder of College of Executive Coaching and Past Vice President of the International Coach Federation.

wellness coach certification california: State of The Global Workplace Gallup, 2017-12-19 Only 15% of employees worldwide are engaged at work. This represents a major barrier to productivity for organizations everywhere – and suggests a staggering waste of human potential. Why is this engagement number so low? There are many reasons — but resistance to rapid change is a big one, Gallup's research and experience have discovered. In particular, organizations have been slow to adapt to breakneck changes produced by information technology, globalization of markets for products and labor, the rise of the gig economy, and younger workers' unique demands. Gallup's 2017 State of the Global Workplace offers analytics and advice for organizational leaders in countries and regions around the globe who are trying to manage amid this rapid change. Grounded in decades of Gallup research and consulting worldwide -- and millions of interviews -- the report advises that leaders improve productivity by becoming far more employee-centered; build strengths-based organizations to unleash workers' potential; and hire great managers to implement the positive change their organizations need not only to survive – but to thrive.

wellness coach certification california: 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

wellness coach certification california: Be You to Be Full Connie Holmes, 2020-09-12 A book to help the reader who struggles with self-acceptance and self-confidence learn strategies and

techniques so they can live a fulfilled life with confidence. This book shows the reader how to love and accept themselves by learning who they are from deep within their soul, reminding them that even if there are points in their life they are not proud of, those moments do not have to define them. Utilizing seven strategies and a series of exercises, the reader will create a clear and solid foundation toward a life of self-acceptance, confidence, and fulfillment. Stories to help illustrate messages are used frequently throughout the book to interject humor, a personal connection, and to make some lessons more memorable. The seven strategies shared in the book will teach the reader: 1. How to do a thorough self-reflection so they can learn and grow from their experiences and know to not let specific incidences or timeframes in their life permanently define them; 2. Reasons for and steps to forgive themselves and others so they can easily move forward in their life with released burdens from their past; 3. How to add more gratitude into their life, especially after they realize gratitude is what creates the life they live; 4. To identify their core values so they can positively guide their life and have them serve as goalposts for knowing their direction and to keep them centered and focused; 5. an understanding of why being curious is essential and learning how to dig even deeper to know themselves and love themselves even more; 6. how to develop courage, remembering that confidence is a byproduct of courage; 7. the importance of lifelong growth and continual learning as a way to ensure regular personal development and fulfillment.

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