

wellness health coach salary

Wellness Health Coach Salary: A Deep Dive into Earning Potential and Career Outlook

Are you passionate about helping others achieve their health and wellness goals? Have you considered a career as a wellness health coach? If so, you're likely wondering: what's the wellness health coach salary? This comprehensive guide dives deep into the financial realities of this rewarding career path, exploring factors influencing earning potential, different career paths, and the overall job outlook. We'll equip you with the knowledge you need to make informed decisions about your future in the wellness industry.

Understanding the Variables Affecting Wellness Health Coach Salary

The wellness health coach salary isn't a fixed number. Many factors influence your potential earnings, making it crucial to understand the nuances before you jump in. These factors include:

1. **Experience and Certification:** A newly certified coach with limited experience will naturally earn less than a seasoned professional with a strong track record and advanced certifications. Specialized certifications, such as those in nutrition coaching, weight management, or stress management, can command higher rates. The more expertise you demonstrate, the more you can charge.
1. **Location:** Geographic location significantly impacts earning potential. Major metropolitan areas with high costs of living typically offer higher pay rates compared to smaller towns or rural areas. Think New York City versus rural Iowa – the demand and thus the compensation will differ substantially.
1. **Client Base and Niche:** Do you specialize in a specific niche, like corporate wellness, athletic performance, or chronic disease management? Niche expertise often translates into higher earning potential because you can command premium prices for your specialized knowledge and services. Building a strong referral network is also crucial for attracting a steady stream of high-paying clients.
1. **Business Model:** How do you structure your business? Are you employed by a company,

working as an independent contractor, or running your own practice? Employees typically receive a fixed salary, while independent contractors and business owners have the potential to earn significantly more (but bear the responsibility of finding and managing their own clients). The risk-reward balance is key.

1. **Pricing Strategy and Package Deals:** Your pricing strategy directly impacts your income. Do you charge by the hour, session, or package? Offering various packages with different levels of commitment and services can help attract a wider range of clients and increase your overall revenue. Consider what value you bring and price accordingly.

Exploring Different Career Paths and Salary Ranges

The wellness industry offers diverse career paths for health coaches. Understanding these options provides a clearer picture of potential wellness health coach salary ranges:

1. **Employed Health Coach:** Working for a fitness center, corporate wellness program, or healthcare facility usually provides a stable salary and benefits. However, the earning potential is typically lower than in independent practice, often ranging from \$40,000 to \$70,000 per year, depending on experience and location.
1. **Independent Contractor/Freelancer:** As a freelancer, you set your own rates and hours, potentially earning significantly more than employed coaches. The downside is the responsibility of finding and managing clients, marketing your services, and handling all the administrative tasks of running a business. Income can range from \$50,000 to well over \$100,000+ annually, depending on your success and pricing strategy.
1. **Online Health Coach:** The digital landscape provides incredible opportunities for expanding your reach and clientele. Online coaching can be a lucrative path, but success depends on your marketing skills, website development, and the ability to build trust and rapport online. Earnings here vary widely, reflecting the scale and success of your online business.
1. **Group Coaching:** Leading group workshops or online programs allows you to serve multiple clients simultaneously, increasing your income efficiency. Pricing models vary greatly, depending on group size, program length, and the value provided.

Tips for Maximizing Your Wellness Health Coach Salary

To maximize your earning potential as a wellness health coach, consider these strategies:

Invest in continuous learning and advanced certifications: Staying current with the latest research and techniques enhances your expertise and allows you to charge more.

Network strategically: Attend industry events, connect with other professionals, and build relationships to generate referrals.

Develop a strong online presence: Create a professional website and utilize social media to market your services and reach a wider audience.

Build a strong client portfolio: Case studies and testimonials demonstrate your expertise and build credibility.

Offer premium services: Provide add-on services, such as meal planning, personalized workout programs, or supplement recommendations, to increase your revenue.

Conclusion

The wellness health coach salary is a dynamic figure influenced by numerous factors. By understanding these variables and implementing strategic career planning, you can maximize your earning potential and build a successful and fulfilling career in the thriving wellness industry.

Remember, continuous professional development, strategic marketing, and a strong client base are key to achieving a high income in this field. Your passion for helping others combined with shrewd business practices will pave the way for a rewarding financial future.

FAQs

1. Do I need a specific degree to become a wellness health coach? While a degree isn't always required, many successful coaches hold degrees in health, nutrition, or related fields. Relevant certifications are generally more crucial than a specific college degree.
1. How long does it take to become a certified wellness health coach? Certification programs vary in length, but most range from a few months to a year.
1. What are the common expenses associated with running a wellness health coaching business? Expenses can include certification fees, marketing costs, website development, professional development courses, and business insurance.
1. What are some effective marketing strategies for attracting clients? Effective strategies include social media marketing, content marketing (blogging, articles), networking, referrals, and paid advertising.

1. How can I differentiate myself from other wellness health coaches in a competitive market? Focus on a niche specialization, develop a unique brand identity, offer exceptional customer service, and build a strong online presence showcasing your expertise and client success stories.

wellness health coach salary: The Earth Diet Liana Werner-Gray, 2014-10-28 The ultimate guide book to assist people in transforming their health through a natural lifestyle. Beauty queen Miss Earth Australia Liana Werner-Gray got a wake-up call at the age of 21, when she was diagnosed with a precancerous tumor in her throat. Realizing that health issues were holding her back, including in her entertainment career, she decided to change her lifestyle. Through juicing and using the whole-food recipes shared in this book, Liana healed herself in only three months. This success inspired Liana to create the Earth Diet and make information on the incredible power of plant-based and natural food available to others. She has since used her recipes to help thousands of people with cancer, diabetes, acne, addictions, obesity, and more. When you get the essential vitamins, minerals, and micronutrients your body needs, you can't help but feel better. In this book, you'll find more than 100 nutrient-dense, gluten-free recipes that provide proper nutrition, tips for shifting out of toxic habits, and lifestyle recipes for household and personal-care products to help you heal in all areas of your life. The Earth Diet is inclusive, with recipes for every person, ranging from raw vegans to meat eaters to those following a gluten-free diet. It also features specific guidelines for weight loss, boosting the immune system, increasing your energy, juice cleansing, and more. If you're looking for great-tasting recipes to help you live your healthiest life ever, then this book is for you.

wellness health coach salary: 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 health coach salary: 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.

wellness health coach salary: 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 health coach salary: You Are Radically Loved Rosie Acosta, 2022-02-22 From the award-winning host of the Radically Loved podcast, an invitation to discover the healing power of who you are, body, mind, and spirit. Growing up in East L.A. in the nineties, Rosie Acosta dismissed spirituality and wellness as something people like her didn't do. But after being arrested at age fifteen, she knew that only a radical change would lead her away from debilitating anxiety and self-doubt. As she puts it, yoga offered her a ladder and she began to climb. In this empowering and accessible guide, Acosta leads readers through the essential spiritual practices she uses to create a radically loved life. With the arc of her own journey as a framework, she presents meditations, journaling questions, and practices for identifying and honoring our own radical truths. With grit and grace, this heart-filled guide makes spiritual practice accessible to everyone and helps you become the person you are truly meant to be.

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

wellness health coach salary: *Basic Health Care Series* Juliann Moen, 2017-02-01 This book on obesity has been written in a very different way — not those typical book type — which preaches high and mighty things. Obesity is most commonly caused by a combination of excessive food intake, lack of physical activity, and genetic susceptibility. A few cases are caused primarily by genes, endocrine disorders, medications, or mental illness. Evidence to support the view that obese people eat little yet gain weight due to a slow metabolism is not generally supported. On average, obese people have a greater energy expenditure than their thin counterparts due to the energy required to maintain an increased body mass. Obesity is mostly preventable through a combination of social changes and personal choices. Changes to diet and exercising are the main treatments. Diet plays an important role in the genesis of obesity. Personal choices, advertising, social customs and cultural influences, as well as food availability and pricing all play a role in determining what and how much an individual eats. This book has been written not in the usual format of cause-effect-treatment. When we are in the house we get to eat only what is in the kitchen but when we go to a cafeteria, we can get whatever we want, and of there is also the advantage of self-service.

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discussed within the book. The authors have interpreted and summarised the scientific evidence and produced evidence-based recommendations, allowing readers to explore the latest concepts and research findings and apply them in practice. The book includes several new chapters, such as evidenced based practice (EBP), and designing training programmes female clients. This second edition remains the essential text for fitness instructors, personal trainers and sport and exercise students. The book provides an invaluable resource for fitness courses, exercise science degree programmes and continued professional development for exercise professionals.

wellness health coach salary: 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.

wellness health coach salary: Juice Guru Steve Prussack, Julie Prussack, 2016-03-21 To reset one's lifestyle there's no better place to start than with juicing.

wellness health coach salary: Clinical and Organizational Applications of Applied Behavior Analysis Henry S. Roane, Joel E. Ringdahl, Terry S. Falcomata, 2015-06-20 Applied behavior analysts use applied research to create and implement effective evidence-based procedures in schools, homes, and the community, which have proved effective in addressing behaviors associated with autism and other developmental disorders. The principles underlying this therapeutic approach have been increasingly effective when applied to other populations, settings, and behaviors. Clinical and Organizational Applications of Applied Behavior Analysis explores data-based decision-making in depth to inform treatment selection for behavior change across various populations and contexts. Each chapter addresses considerations related to data collection, single-case research design methodology, objective decision-making, and visual inspection of data. The authors reference a range of published research methods in the area of applied behavior analysis (ABA) as it has been applied to specific topics, as well as utilizing their own clinical work by providing numerous case examples. - Reviews current evidence-based practices to provide a comprehensive guide to the application of ABA principles across a range of clinical contexts and applications - Divides clinical applications into three sections for ease-of-use: child, adult, and broad-based health - Explores the breadth of ABA-based treatment beyond autism and developmental disorders - Draws upon a range of subject-matter experts who have clinical and research experience across multiple uses of ABA

wellness health coach salary: 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.

wellness health coach salary: 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 health coach salary: Corporate Wellness Programs Ronald J. Burke, Astrid M. Richardsen, 2014-11-28 Corporate Wellness Programs offers contributions from international experts, examining the planning, implementation and evaluation of wellness initiatives in organizations, and offering guidance on how to introduce these programs in to the workplace.

wellness health coach salary: Careers in Sport, Fitness, and Exercise American Kinesiology Association, 2011-07-12 Careers in Sport, Fitness, and Exercise is your guide to landing your dream job in one of today's most exciting, popular, and fastest-growing industries! Produced by the American Kinesiology Association, this hands-on guide includes detailed job descriptions, information on working conditions, salary ranges, responsibilities, key skills, and required certifications for 36 careers in sport and fitness: • Aquatic therapist • Athletic trainer (college or university sport team) • Athletic trainer (high school sport team) • Athletic trainer (as physician extender) • Athletic trainer (clinical) • Personal trainer • Group exercise instructor • Strength and conditioning coach • Fitness center owner or manager • Fitness leader in gerontology settings • Health promotion specialist • Fitness specialist • Physical education teacher • Sport instructor • Coach • Sport official • Sport psychologist • Sport administrator • Sport marketer • Media and public relations specialist • Professional scout • Sport event manager • Sport journalist • Sport facility operations manager • Clinical exercise physiologist • Certified clinical exercise specialist • Sport dietitian • Sports medicine clinic director • Physical therapist • Occupational therapist • Medical and osteopathic physicians • Chiropractor • Physician assistant • Kinesiology professor • Kinesiology researcher • Kinesiology department administrator If you are ready to pursue a job in the sport, fitness, or exercise industry, Careers in Sport, Fitness, and Exercise is one resource you can't be without.

wellness health coach salary: Be Healthy Every Day Maria Marlowe, 2018-11-06 Achieve Your Goals to Live a Healthier, Happier, More Balanced Life Be Healthy Every Day life planner will help you make them a reality! This 52-week motivational calendar and sticker set by noted nutrition and health coach Maria Marlowe guides you to learn about, set goals for, and stick to positive habits that will make you feel healthy, fit, and happy. Each week offers useful and supportive advice and tips, including: How to choose essential items for your pantry, fridge, and freezer—and what to toss How to make smart, healthy choices about snacks and packaged foods Basics for nutritious and delicious batch cooking and building veggie bowls, salad jars, healthy dressings, and more Plus: 300+ stickers that encourage you to choose healthy priorities, set and achieve healthy goals for eating and exercise, and nurture your relationships—and yourself With Be Healthy Every Day life planner, you can give yourself the gifts of feeling nourished, strong, focused, calm, and happy. What are you waiting for? The journey to your healthiest self can start today!

wellness health coach salary: Fair Play Eve Rodsky, 2021-01-05 AN INSTANT NEW YORK

TIMES BESTSELLER • A REESE'S BOOK CLUB PICK Tired, stressed, and in need of more help from your partner? Imagine running your household (and life!) in a new way... It started with the Sh*t I Do List. Tired of being the “shefault” parent responsible for all aspects of her busy household, Eve Rodsky counted up all the unpaid, invisible work she was doing for her family—and then sent that list to her husband, asking for things to change. His response was...underwhelming. Rodsky realized that simply identifying the issue of unequal labor on the home front wasn't enough: She needed a solution to this universal problem. Her sanity, identity, career, and marriage depended on it. The result is *Fair Play*: a time- and anxiety-saving system that offers couples a completely new way to divvy up domestic responsibilities. Rodsky interviewed more than five hundred men and women from all walks of life to figure out what the invisible work in a family actually entails and how to get it all done efficiently. With 4 easy-to-follow rules, 100 household tasks, and a series of conversation starters for you and your partner, *Fair Play* helps you prioritize what's important to your family and who should take the lead on every chore, from laundry to homework to dinner. “Winning” this game means rebalancing your home life, reigniting your relationship with your significant other, and reclaiming your Unicorn Space—the time to develop the skills and passions that keep you interested and interesting. Stop drowning in to-dos and lose some of that invisible workload that's pulling you down. Are you ready to try *Fair Play*? Let's deal you in.

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wellness health coach salary: 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 health coach salary: The Real Food Grocery Guide Maria Marlowe, 2017-06 *The Real Food Grocery Guide* provides actionable answers to the multitude of nutrition questions that arise during your trips to the grocery store and puts you on a path to a healthy diet and lifestyle.

wellness health coach salary: How To Start A Coaching Business In 30 Days Coachilly Magazine, 2024-05-23 A step-by-step industry-proven guide on how to start your own coaching business, without having to feel overwhelmed! The third edition of Start A Coaching Business In 30 Days gives you everything you need to start a coaching business of your own - even if you have no business experience - in as little as 30 days. You will get an industry deep dive, learn about industry trends, important organizations, and different education paths and how to choose one that's worth your money. After that, you will be equipped with the essential steps and business tools you need to start a coaching business. The third edition has been restructured so you can follow the content and apply it with included worksheets every week as you walk through the 30-day journey of starting your business. Start A Coaching Business In 30 Days will provide you with an in-depth planning section that includes examples, checklists, and worksheets to make sound decisions for your business to set you up for success! We found it important to make this book practical. There are many great books covering theory in depth, but we saw a lack of books helping someone without a business degree or background in coaching or entrepreneurship to find hands-on advice to follow. This prompted us to publish the print edition in workbook format and embed worksheets and working segments with action prompts throughout the book - now with more worksheets and added segments. The third edition of Starting A Coaching Business in 30 Days is packed with even more information, tips, resources and strategies to help you start your coaching business all the better! We have also added additional segments on important parts you will need to start a coaching business, such as creating compelling websites and having coaching templates. We have added a ton of resources with links to make starting and building your business as easy as possible. We have also added more of the popular worksheets and kept the print edition in letter format (workbook style) so you can work directly into the book.

wellness health coach salary: Advanced Fitness Assessment and Exercise Prescription Ann L. Gibson, Dale R. Wagner, Vivian H. Heyward, 2024 Advanced Fitness Assessment and Exercise Prescription is the definitive resource for learning testing protocols for five physical fitness components--cardiorespiratory capacity, muscular fitness, body composition, flexibility, and balance--and designing personalized exercise programs based on assessment outcomes.

wellness health coach salary: Introduction to Exercise Science Terry J. Housh, Dona J. Housh, Glen O. Johnson, 2017-09-01 The fifth edition of Introduction to Exercise Science introduces students to every core area of study in the discipline. It comprises concise chapters which introduce the history, key lines of inquiry relating to both health and performance, technology, certifications, professional associations, and career opportunities associated with each area. No other book offers such a wide-ranging, evidence-based introduction to exercise science. Written by leading and experienced experts, chapters include: reading and interpreting literature measurement in exercise science anatomy in exercise science exercise physiology exercise epidemiology athletic training exercise and sport nutrition biomechanics motor control exercise and sport psychology Packed with pedagogical features—from journal abstract examples to study questions and further reading suggestions—and accompanied by a website including practical lab exercises, Introduction to Exercise Science is a complete resource for a hands-on introduction to the core tenets of exercise science. It is an engaging and invaluable textbook for students beginning undergraduate degrees in Kinesiology, Sport & Exercise Science, Sports Coaching, Strength & Conditioning, Athletic Training, Sports Therapy, Sports Medicine, and Health & Fitness.

wellness health coach salary: The White Coat Investor James M. Dahle, 2014-01 Written by a practicing emergency physician, The White Coat Investor is a high-yield manual that specifically deals with the financial issues facing medical students, residents, physicians, dentists, and similar high-income professionals. Doctors are highly-educated and extensively trained at making difficult diagnoses and performing life saving procedures. However, they receive little to no training in business, personal finance, investing, insurance, taxes, estate planning, and asset protection. This book fills in the gaps and will teach you to use your high income to escape from your student loans, provide for your family, build wealth, and stop getting ripped off by unscrupulous financial

professionals. Straight talk and clear explanations allow the book to be easily digested by a novice to the subject matter yet the book also contains advanced concepts specific to physicians you won't find in other financial books. This book will teach you how to: Graduate from medical school with as little debt as possible Escape from student loans within two to five years of residency graduation Purchase the right types and amounts of insurance Decide when to buy a house and how much to spend on it Learn to invest in a sensible, low-cost and effective manner with or without the assistance of an advisor Avoid investments which are designed to be sold, not bought Select advisors who give great service and advice at a fair price Become a millionaire within five to ten years of residency graduation Use a Backdoor Roth IRA and Stealth IRA to boost your retirement funds and decrease your taxes Protect your hard-won assets from professional and personal lawsuits Avoid estate taxes, avoid probate, and ensure your children and your money go where you want when you die Minimize your tax burden, keeping more of your hard-earned money Decide between an employee job and an independent contractor job Choose between sole proprietorship, Limited Liability Company, S Corporation, and C Corporation Take a look at the first pages of the book by clicking on the Look Inside feature Praise For The White Coat Investor Much of my financial planning practice is helping doctors to correct mistakes that reading this book would have avoided in the first place. - Allan S. Roth, MBA, CPA, CFP(R), Author of How a Second Grader Beats Wall Street Jim Dahle has done a lot of thinking about the peculiar financial problems facing physicians, and you, lucky reader, are about to reap the bounty of both his experience and his research. - William J. Bernstein, MD, Author of The Investor's Manifesto and seven other investing books This book should be in every career counselor's office and delivered with every medical degree. - Rick Van Ness, Author of Common Sense Investing The White Coat Investor provides an expert consult for your finances. I now feel confident I can be a millionaire at 40 without feeling like a jerk. - Joe Jones, DO Jim Dahle has done for physician financial illiteracy what penicillin did for neurosyphilis. - Dennis Bethel, MD An excellent practical personal finance guide for physicians in training and in practice from a non biased source we can actually trust. - Greg E Wilde, M.D Scroll up, click the buy button, and get started today!

wellness health coach salary: Business and Sales Eddie Lester, 2016-12-29 Eddie Lester has helped more than four thousand personal trainers reach their financial goals and grow their businesses. Now, he wants to help you do the same in this new guide to professional success. In Business and Sales: The Guide to Success as a Personal Trainer, Lester takes you through every step needed to secure the sale and net a new client. Like your own journey, the guide starts with one of the most important steps: attaining certification. Passion isn't enough to be a personal trainer; you need to show your clients that you are knowledgeable and trustworthy. The next chapters reveal how to create a personal brand, define your niche, target your most important demographic, hone your selling personality and sales pitch, make an amazing first impression, follow up with each client, and calculate a pricing structure. Lester also outlines business checkpoints to help you gauge your progress. His Power Questions can uncover a client's true motivations and empower you to make the sale. The most important concept Lester wants you to learn is discipline. Use the same drive that makes you a successful personal trainer to become just as successful as a business owner.

wellness health coach salary: The Blue Zones Dan Buettner, 2010 With the right lifestyle, experts say, chances are that you may live up to a decade longer. What's the prescription for success? National Geographic Explorer Dan Buettner has traveled the globe to uncover the best strategies for longevity found in the Blue Zones: places in the world where higher percentages of people enjoy remarkably long, full lives. And in this dynamic book he discloses the recipe, blending this unique lifestyle formula with the latest scientific findings to inspire easy, lasting change that may add years to your life. Buettner's colossal research effort has taken him from Costa Rica to Italy to Japan and beyond. In the societies he visits, it's no coincidence that the way people interact with each other, shed stress, nourish their bodies, and view their world yields more good years of life. You'll meet a 94-year-old farmer and self-confessed ladies man in Costa Rica, an 102-year-old grandmother in Okinawa, a 102-year-old Sardinian who hikes at least six miles a day, and others. By

observing their lifestyles, Buettner's teams have identified critical everyday choices that correspond with the cutting edge of longevity research and distilled them into a few simple but powerful habits that anyone can embrace

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shares his best lessons in the second edition of Two-Brain Business. From Australia to Europe to North America, these are what Chris' clients--some of the best gyms in the world--are doing RIGHT. This is the follow-up to Two-Brain Business, one of the most popular fitness business books of all time. But its content is all new, with fresh stories, smart ideas and proven tactics. www.twobrainbusiness.com

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wellness health coach salary: 101+ Careers in Gerontology C. Joanne Grabinski, MA, ABD, FAGHE, 2014-10-09 101+ Careers is rich with useful information. I highly recommend the book for any student, emerging, or re-careering professional exploring their options for a career in gerontology and the resources they may need to go about pursuing it. Jarmin Yeh, Institute for Health and Aging and Department of Social and Behavioral Sciences School of Nursing at the University of California, San Francisco American Society on Aging Blog Describes a wealth of diverse career opportunities in gerontology and how to prepare for them How do you know if a career in gerontology is right for you? What opportunities exist in the field? Completely updated to reflect significant changes to policy and management of resources, the second edition of 101 Careers in Gerontology provides a wealth of helpful and timely guidance in this rapidly growing field. Written for all levels of job seekers ranging from community college students to credential-seeking professionals, the book outlines a multitude of opportunities that dovetail with careers ranging from sociologist and home care agency administrator to architect and documentary filmmaker. Interviews with practitioners provide insight into job particulars and the experience of starting out with a degree versus on-the-job learning. The book describes five emerging gerontology-related fields, updates already existing job profiles including salary scales, and includes many new careers and their education requirements. New interviews are replete with advice and job search tips. Surprising additions to the list of career profiles include financial planner for elders, custom clothier, health coach, social or cultural historian, travel/tourism specialist, senior theater director, and many others. This second edition encompasses career changes and opportunities resulting from the newly created Administration for Community Living, and those influenced by policy changes in Medicare, Medicaid, Social Security, and the Patient Protection and Affordable Care Act. Also new to the second edition are lists of gerontology professional organizations that can be helpful career search resources and links to professional organizations and other websites specific to each career profile. Changes to the Second Edition Include: Many new careers and their education requirements Updated job profiles including salary scales A description of three types of gerontology career paths and how to prepare for them Coverage of such emerging fields as entrepreneurial gerontology, global aging, journalism and aging, and urban gerontology Career changes resulting from policy changes in relevant government agencies Lists of professional organizations and websites specific to each career profile 13 new interviews and 12 interviews updated from first edition Information about national, international, and local gerontology organizations including student and new professional member sections Updated and expanded glossary of acronyms

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protocols for habit change. Total Brain Coaching is the start of an open source document for the transformation, improvement, and evolution of the mindset and habits of individuals and organizations everywhere.

wellness health coach salary: Better Than Happy Jody Moore, 2021-09-15 Our unconscious thought patterns determine our relationships, our spiritual life and our connection to God to a much greater extent than we know. That's an alarming thought, because the subconscious mind is a mysterious realm that is really difficult to access and influence...right? No. It's really not! And it's the most urgent and impactful thing we can do. This book will show you how. How do I choose faith over fear when my loved ones are making poor choices? Why don't I feel happier if I'm reading and praying like I've been taught? How can I stop feeling like I'm just not good enough? What am I to do when my spouse is judgmental of me? How do I trust in Christ when everything seems to be falling apart? Get answers to these and other tough questions in the context of Christ-centered principles throughout this book. Jody Moore is a Master Certified Life Coach who has taught and coached tens of thousands of women through her in-person and online workshops and podcast. She brings her characteristic clarity, wisdom, humor and disarming honesty to this groundbreaking book. In *Better Than Happy*, Jody shows how a simple 5-step model she uses in every session with her clients can reveal the unconscious patterns of thoughts that keep us from deeper and healthier connection with ourselves, with our loved ones and with God. Jody then shows how, once we clear the debris of our unconscious patterns of thought, new streams of understanding of Christ's teachings begin to flow. I am a mother of 4, a member of The Church of Jesus Christ of Latter-Day Saints, and a woman trying to figure out how to minimize resentment, overwhelm and guilt, and replace them with happiness, gratitude and joy. Three years after getting married I found myself with two kids under age 2, a loving husband, and a lot of self-loathing. I struggled with the duties associated with being a mom and wife and then I felt guilty for feeling that way. After all, this was the life I thought I'd always wanted. I have a BA in Communications and an MA in Adult Education along with 15 years of experience as a Corporate Trainer and Leadership Coach, but what has helped me the most to overcome my struggles and to conquer all of my goals, are the tools I use now to coach my clients. Thanks to my extensive training with Brooke Castillo of The Life Coach School, I am now a Certified Life Coach, and I couldn't be more proud of the work I get to do in the world.

wellness health coach salary: Integrated Behavioral Health in Primary Care Stephanie B. Gold, Larry A. Green, 2018-11-01 This book provides an evidence-based guide for primary care physicians seeking to integrate behavioral health into their practice. This is grounded in the underlying notion that integrating behavioral health and primary care is not an adjustment to practice but a reconstruction of how primary health care is defined and delivered. While some aspects (billing and financing) will be specific to the policy context in the United States, much of the book will contain universal lessons for an approach to integration from a primary care perspective that may be relevant across the globe. This guide is organized to follow a comprehensive approach, derived from lessons learned by early adopters of integration. Dividing the book in this manner creates a unique and natural flow from the "why" of integrating care to a step-by-step approach to achieve integration in a practice. The book includes the case for why integrating behavioral health is important; what integration looks like in practice; and how to transform a practice and grow a team of clinicians to work together to address mental, emotional, and behavioral problems. Each chapter starts with a short preamble to introduce the stage of integration. Each chapter and subchapter would end with a summary box of key messages and a short list of resources (articles, websites, etc) for further information for each topic. Where relevant, chapters additionally include a brief section on application for specific populations (pediatrics, geriatrics, etc). This is an ideal guide for primary care physicians and their medical and administrative teams interested in integrating behavioral health in their practice.

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