

becoming a wellness coach

Becoming a Wellness Coach: Your Guide to a Rewarding Career

Are you passionate about helping others achieve their health and wellness goals? Do you find fulfillment in guiding people toward a healthier lifestyle? If so, a career as a wellness coach might be the perfect path for you. This comprehensive guide dives deep into everything you need to know about becoming a wellness coach, from exploring different niches to building a successful business. We'll cover the essential training, certifications, marketing strategies, and ongoing professional development required to thrive in this fulfilling and increasingly in-demand field. Let's unlock your potential and embark on this exciting journey together!

1. Understanding the Wellness Coaching Landscape: What Does it Entail?

The term "wellness coach" encompasses a broad spectrum of expertise. It's not just about diet and exercise; it's about holistic well-being, encompassing physical, mental, emotional, and spiritual health. Wellness coaches work with clients to identify their goals, overcome obstacles, and develop sustainable lifestyle changes. This might involve:

Nutrition coaching: Guiding clients towards healthier eating habits.

Fitness coaching: Designing personalized workout plans and providing motivation.

Stress management coaching: Teaching techniques for reducing stress and anxiety.

Mindfulness and meditation coaching: Facilitating practices for mental clarity and emotional regulation.

Life coaching with a wellness focus: Helping clients integrate wellness practices into their overall lives.

Specialized niches: Focusing on specific populations (e.g., athletes, pregnant women, corporate executives) or conditions (e.g., weight management, chronic illness management).

Choosing your niche is a crucial first step. Consider your passions, your expertise, and the market demand. Researching different niches will help you determine where your skills and interests best align with client needs.

2. Essential Training and Certifications for Wellness Coaches

While no single certification is universally mandated, obtaining credible credentials significantly enhances your credibility and marketability. Many organizations offer certifications in wellness coaching, often focusing on specific areas like health coaching,

life coaching, or a combination thereof. Look for programs accredited by reputable bodies. These programs typically cover:

Coaching methodologies: Learning various coaching models and techniques, such as goal setting, motivational interviewing, and active listening.

Health and wellness principles: Gaining a solid understanding of nutrition, exercise, stress management, and holistic wellness.

Business skills: Developing essential entrepreneurial skills, such as marketing, client management, and financial planning.

Ethics and professional conduct: Learning about ethical considerations and maintaining professional boundaries.

Research different certification programs thoroughly. Consider factors like cost, curriculum, accreditation, and the reputation of the organization. Networking with established wellness coaches can provide invaluable insights into program quality.

3. Building Your Wellness Coaching Business: Marketing and Client Acquisition

Once you've completed your training and obtained certifications, it's time to build your business. This requires a multi-faceted marketing strategy:

Online presence: Create a professional website and social media profiles showcasing your expertise and services. Use SEO (search engine optimization) best practices to improve your online visibility.

Networking: Attend industry events, connect with other professionals, and build relationships within your community.

Content marketing: Create valuable content, such as blog posts, articles, and videos, that establish you as a thought leader in your niche.

Referral programs: Encourage satisfied clients to refer new business.

Paid advertising: Consider using targeted advertising on social media or search engines to reach potential clients.

Developing a strong brand identity and clearly communicating your value proposition are crucial for attracting clients. Highlighting your unique selling points and demonstrating your expertise will set you apart from the competition.

4. Ongoing Professional Development: Staying Ahead of the Curve

The wellness industry is constantly evolving. To maintain your competence and stay ahead of the curve, continuous learning is vital. Consider:

Continuing education courses: Attend workshops, seminars, and online courses to update your knowledge and skills.

Professional memberships: Join relevant professional organizations to network with peers

and access resources.

Staying updated on research: Keep abreast of the latest research and trends in wellness and coaching.

Investing in your professional development is an investment in your success and will enhance your ability to provide high-quality services to your clients.

5. The Rewards of Becoming a Wellness Coach

Beyond the financial rewards, a career as a wellness coach offers immense personal fulfillment. The opportunity to positively impact people's lives, witness their transformations, and contribute to their overall well-being is incredibly rewarding. It's a career path that allows for creativity, flexibility, and the chance to make a real difference in the world.

Conclusion

Becoming a wellness coach requires dedication, training, and a genuine passion for helping others. By following the steps outlined above, you can build a successful and fulfilling career in this growing industry. Remember to prioritize continuous learning, cultivate strong client relationships, and embrace the unique opportunities that this career path offers.

FAQs

1. How much can I earn as a wellness coach? Earnings vary greatly depending on factors like experience, niche, client base, and pricing strategy. Some coaches earn a modest income, while others build thriving businesses with substantial earnings.
1. Do I need a specific degree to become a wellness coach? No, a specific degree isn't always required. However, relevant educational background in areas like nutrition, fitness, or psychology can be advantageous.
1. How do I find my first clients? Start by networking, leveraging your existing contacts, and offering introductory sessions or free consultations. Online marketing and content creation can also generate leads.
1. What are the ethical considerations of being a wellness coach? Maintaining client

confidentiality, setting clear boundaries, and avoiding conflicts of interest are paramount. Professional certifications often include ethics training.

1. What if I don't have a background in health or fitness? Focusing on a niche that aligns with your existing skills and experience, such as stress management or life coaching with a wellness focus, can be a strong starting point. You can then supplement your knowledge with targeted training and certifications.

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

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

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

professionals, counselors, and therapists.

becoming a wellness coach: Becoming a Life Coach Tom Chiarella, 2019-09-03 A fascinating guide to a career as a life coach written by award-winning journalist Tom Chiarella and based on the real-life experiences of an expert in the field—essential reading for someone considering a path to this rewarding profession. Being a life coach is a unique career with the ability to change lives. *Becoming a Life Coach* takes us behind-the-scenes through the experiences of two top-tier life coaches who spend their days working one-on-one with clients to create new paths forward. The result is an entertaining, practical look at how one gets into and grows within this rewarding career.

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

becoming a wellness coach: Lifestyle Wellness Coaching James Gavin, Madeleine Mcbrearty, 2018-11-07 Lifestyles have changed dramatically over the past quarter century. Along with these changes come exciting opportunities, including new career paths in the professional domain of health and wellness coaching. Centered on an evidence-based process for guiding change, *Lifestyle Wellness Coaching, Third Edition With Web Resource*, offers a systematic approach to helping clients achieve enduring changes in their personal health and wellness behaviors through a supportive and forward-moving coaching relationship. *Lifestyle Wellness Coaching* has been thoroughly revised and updated to keep pace with the rapidly evolving field of wellness coaching. It is complemented by discussions, case studies, reflective opportunities, and practical aids and engages readers through multiple approaches to learning: The reader is encouraged to gauge comprehension and application of the content by reflecting on personal experiences within the context of coaching. Sample dialogues offer real-world examples of coaching situations and strategies. The International Coach Federation's 11 core competencies are thoroughly examined to prepare readers for certification in the profession of coaching. A new web resource houses easy-to-use forms, plans, and assessments that professionals can use immediately with clients. *Lifestyle Wellness Coaching* examines real coaching conversations to assess key considerations, such as the types of questions to ask, how to provide feedback effectively, and how to facilitate action planning. The text presents communication strategies to motivate, guide, inform, and support clients' processes toward personal change with a holistic approach. It addresses boundaries of care and advice appropriate to coaching relationships. Other issues explored include developing a trusting relationship, creating goals that are aligned with coaching processes, unblocking clients' energy and discovering resources for change, and generating forward movement through the skillful use of the International Coach Federation's 11 core competencies. *Lifestyle Wellness Coaching* introduces readers to models that clearly identify clients' progress through the stages of change. First, the text explores the popular transtheoretical model (TTM) of health-related behavior change and its delineation of six stages of clients' readiness to change. The discussion of TTM includes strategies appropriate to clients in various stages of readiness to change. The text also presents the learning-through-change model (LCM), revealing the deep layers beneath each phase of client movement toward change. Readers are offered a map for coaching clients toward goal achievement. The authors' unique flow model of coaching illustrates how professional coaches can help clients navigate the sometimes turbulent events of a person's life in order to change habitual patterns of behavior. The companion web resource offers a complete kit of assessment tools to help establish a strong framework for successful coaching. A welcome packet, coaching readiness index, introductory session form, and between-sessions questionnaire benefit both the professional and

client in laying the groundwork. Other supplemental resources, such as a social and emotional intelligence assessment and a goal setting form, support the journey. Lifestyle Wellness Coaching, Third Edition, is the definitive resource for those seeking to embrace wellness coaching and propel clients to healthy, effective change.

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

becoming a wellness coach: *Body Love Every Day* Kelly LeVeque, 2019-12-31 Forewords by Emmy Rossum and Jennifer Garner Ditch cravings and love your lifestyle with this body-positive approach to health and wellness In her bestselling book *Body Love*, Kelly LeVeque shared how the Fab Four—protein, fat, fiber, and greens—can transform your health, your body, and your relationship with food. Now, in *Body Love Every Day*, Kelly gives you an action plan to adopt the Fab Four lifestyle in the way that's right for you. For a tailored approach, she has created comprehensive 21-day plans for four different archetypal women: • The Girl on the Go wants a plan that's flexible enough to work with her busy schedule. Kelly shares on-the-go hacks for when you're out and about or traveling, delicious 15-minute meals, and simple strategies to stay balanced every day. • The Domestic Goddess is dedicated to building a healthy home through cooking with and using clean products. Kelly shows you how to elevate your cooking and home to healthier heights. • The Plant-Based Devotee wants to incorporate the Fab Four into her vegetarian or vegan diet. With over forty delectable plant-based recipes, Kelly gives you a plan to stay nourished and fueled while staying committed to your lifestyle. • The Red-Carpet Ready gal wants to look her best for her next big event. Rock your version of the red carpet with the same strategies Kelly uses with her A-list celebrity clients, including recipes to debloat and brighten skin, workouts to tighten and tone, and ideal eating windows to help boost results. Whether you're one of these archetypes or a combination of them, *Body Love Every Day* provides a plan to help you achieve natural wellness for the body, mind, and soul. You'll find recipes and nutrition information for every meal, exercise and movement for every day, stress management and energy recharge for nights and weekends, and emotional support to get you through the inevitable tough times. Whether you're looking to live healthier or drop a jean size, boost your fitness or just feel better, *Body Love Every Day* is your guide to success.

becoming a wellness coach: *Rock Steady* Ellen Forney, 2018 *Rock Steady: Brilliant Advice From My Bipolar Life* is the eagerly awaited sequel/ companion book to Forney's 2012 best-selling graphic memoir, *Marbles: Mania, Depression, Michelangelo, and Me*. Whereas *Marbles* was a memoir about her bipolar disorder, *Rock Steady* turns the focus outward, offering a self-help survival guide of tips, tricks and tools by someone who has been through it all and come through stronger for it.

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

of behavioral change. - Coaches who want to learn more about wellness. - Coaches who want to master what the entire field of health promotion has discovered about being well. - Coaches who want to become skilled craftspeople. - Coaches who want to meet their clients with understanding, empathy, and non-judgment. Dr. Arloski believes that coaching isn't about all the things a client is doing wrong and how grim their situation is. It's about what is needed to ensure a successful future. Masterful Health & Wellness Coaching gives you the tools to start your client on the path to success and to coach him or her until their healthy-living skills are second nature. The root of the word coach can be traced to a village in Hungary, Kocs, where carriages were made in the 1500's. Coaches love metaphors and what is better than this one: A coach takes you from where you are at to where you want to go. Perfect. The client is the one with the reins and it is the coaching process that facilitates the journey.

becoming a wellness coach: Total Life Coaching: 50+ Life Lessons, Skills, and Techniques to Enhance Your Practice . . . and Your Life Lloyd J. Thomas, Patrick Williams, 2011-03-28 Total Life Coaching by Pat and Lloyd is more than just a book. It is an interactive experience in which you will find recipes for living your life more authentically, as well as master time-honored lessons that you can bring to your coaching clients. Regardless of the personal coaching techniques or skills you may have learned, you may still not be the most effective coach you can become. This book will help you move closer to that goal. Life coaching is more than a collection of techniques and skills. It is more than something you do. Life coaching reflects who you are-it is your authentic being in action. Readers of Pat Williams's and Deborah Davis's book, *Therapist as Life Coach*, know Pat to be a gifted life coach and passionate teacher. Here Pat and colleague and writer, Lloyd J. Thomas, build on this earlier book and share a unique insight into the coaching process, which shows you precisely how to enhance your professional practices through practical and effective life coaching. It also empowers you to change your own lives through use of the practical information and philosophy presented here. Total Life Coaching is organized into a series of 50 life lessons, and is designed to be either read cover-to-cover or dipped into, as needed, for assistance when conducting a coaching session. Keeping life's processes on the message and lesson level makes living and life coaching much easier and more enjoyable. Total Life Coaching guides you step-by-step through the complex process of learning and coaching these fifty important lessons. The lessons are organized into 8 sections: Creating a Personal Identity; Coaching Spirituality and Life Purpose; Coaching Communication Skills; Living Life with Integrity; Success: Clients Achieving their Potential; Coaching Cognitive Skills; Creating High-Quality Relationships; Understanding Your Past to Create a Desired Future. Each lesson is presented as a structured recipe and includes: The life lesson The messages contained within the lesson Coaching objectives for your clients regarding the lesson What you need to know about the lesson to provide the framework for coaching it Coaching methods, exercises, questions, and language for bringing each lesson to your clients Sample coaching conversations that exemplify the coach-client dialogue for the coaching of the lesson.

becoming a wellness coach: *Own Your Self* Kelly Brogan, M.D., 2022-01-11 New York Times best-selling author presents a radical alternative to psychotropic meds: discerning the meaning in your symptoms and your struggle as a way to reclaim your health and your self. For years, we've been telling ourselves that our difficult feelings-sadness, rage, shame, intensity, worry-are somehow not okay. And, all too often, we've relied on the promise of pharmaceuticals to tamp them down. The fact is, though, that these feelings are a vital part of our experience. They are real. And those of us who feel them most strongly are the canaries in the coalmine-sensitive to things that are seriously wrong in the world today. In a book that's both provocative and promising, holistic psychiatrist Kelly Brogan, M.D., author of *A Mind of Your Own*, shows us that we don't have to medicate our mental, emotional, and physical pain away-that the best way out is through. She explodes the mistaken belief that our symptoms-from mood changes to irritability to foggiess and fatigue-are evidence that we are sick or broken. Then she charts a new path to get real, get well, and get free. The journey includes: • Coming to a new appreciation of the meaning behind symptoms, and whether you are a canary in the coal mine • Learning the 2 major risks of medication that most doctors are not trained

to disclose • Exploring the 5 reversible physical drivers of so-called mental illness • Starting the process of radical physical healing with inclusive details of Dr. Brogan's history-making 30-day protocol • Taking an emotional inventory of energy drains and toxic relationships • Taking a deeper dive into the spiritual awakening and expansion that comes when you reclaim your real self from conventional medicine • Identifying the most likely places you have given your power away • Understanding what the science has to say about psychedelics as a tool for awakening • Navigating health challenges with curiosity and the proper tools • Guidance, support, and many Travel Tips shared from the trenches! Our experiences, Dr. Brogan argues, aren't problems or pathologies; they reflect what we need to accept, acknowledge, and transform in order to truly become who we are. Own Your Self is a journey of healing, and also something more: a journey of coming home to ourselves.

becoming a wellness coach: Become a Wellness Champion Pam Bartha, 2011-07 Bartha, Pam. (2011). Become a wellness champion. Your essential guide to wellness & prevention. Kelowna, BC: Wellness Publishing International. Pam Bartha, BSc, PDPP, is a Wellness Champion. Clinically diagnosed with a debilitating illness at the age of 28, she chose a non-prescription approach to therapy. Now more than 20 years later and still symptom free, she coaches others on the life-changing principles of wellness and prevention beyond pharmaceuticals. Become a Wellness Champion reveals dynamic new insights into disease and prevention that will: Dispel confusion and frustration about wellness Equip readers to quickly discern effective wellness strategies from marketing hype Show readers how to reach and maintain their perfect body shape for life Demystify the use of dietary supplements Help readers to identify and minimize the impact of silent infections and dysbiosis Equip readers to work more effectively with their health care professional Whether the reader has recently received a difficult diagnosis or is just interested in minimizing his/her dependence on the current health care system, Become a Wellness Champion is an essential guide to a longer, healthier, and happier life. This book is written for the general public but contains many scientific peer-reviewed references.

becoming a wellness coach: Nurse Coaching Barbara Dossey, Susan Luck, Bonney Gulino Schaub, 2014-10-20 Nurse Coaching: Integrative Approaches for Health and Wellbeing By Barbara Montgomery Dossey, Susan Luck, and Bonney Gulino Schaub Paperback-October 2014 This is the first comprehensive Nurse Coach textbook that describes the theoretical and clinical relevance and practical application of an innovative, integrative, holistic, and integral nurse coaching model. This user-friendly book will guide your Nurse Coach practice to promote lifestyle behavioral change for health and wellbeing for both the nurse and the client/patient. It can be used in all healthcare environments and implemented in diverse settings including hospitals, communities, and private practice. In this book you will find theories and strategies to help you: Theory of Integrative Nurse Coaching; Integrative Nurse Coach Leadership Model; Integrative Nurse Coach™ Process and Competencies; coaching conversations, case studies, and coaching journeys with clients/patients; bio-psycho-social-spiritual-cultural-environment model of nurse coaching; evidenced-based coaching methodologies and practices; nutrition and environmental coaching skills; Integrative Health and Wellness Assessment™; nurse coach guidelines for practice, education, research, healthcare policy and advocacy; and integrative lifestyle resources and toolkit. This book is for all nurses and other health care providers seeking coaching knowledge and skills. For information on the Integrative Nurse Coach™ Certificate Program go to www.inursecoach.com/inccp/

becoming a wellness coach: Changing to Thrive James O. Prochaska, Janice M. Prochaska, 2016-09-01 Changing unhealthy behaviors is easier said than done. Through interactive exercises, backed by countless research studies, Changing to Thrive will help readers progress through the Stages of Change and find the will power to create lasting change that will allow them to thrive. Changing unhealthy behaviors is easier said than done. Through interactive exercises, backed by countless research studies, Changing to Thrive will help readers progress through the Stages of Change and find the will power to create lasting change that will allow them to thrive. Eat healthy. Exercise. Quit smoking. Cut down on drinking. Reduce stress. Changing unhealthy behaviors is

easier said than done. If you're like most of us, you have already made repeated attempts to change your lifestyle and improve your well-being without lasting success. You may attribute those failures to things like lack of motivation or the "wrong genes." But it's more likely that you simply don't know how to change. In this groundbreaking book, James O. Prochaska, PhD, and Janice M. Prochaska, PhD, guide you through a six-stage process designed to help you assess your readiness to change, then tap the inner resources necessary to thrive physically, emotionally, and socially. Backed by countless research studies, the stages of change model, developed by James Prochaska in collaboration with Carlo DiClemente, PhD, has revolutionized the field of behavior change. Through interactive exercises, *Changing to Thrive* will help you progress through the stages of change and learn that you have the power within to thrive.

becoming a wellness coach: *Energy 4 Life* Caroline Shola Arewa, 2010 Do you want more Energy and vitality in your life? One of the major health issues affecting people today is lack of energy. Most people want enough energy and vitality to live life to the full. We don't want to feel drained, exhausted and stressed out all the time. We are in need of regularly topped up, high quality energy for optimum health and wellbeing. *Energy 4 Life* offers a health and conscious living programme that activates your core energy. It works with the Chakras and Human Energy System. This powerful energetic approach offers the skills needed to live a Healthy, Happy and Successful life in the midst of a changing world. This is an uplifting and informative book that makes balancing the demands of 21st century life manageable.

becoming a wellness coach: *The Memory of Health* Edie Summers, 2016-02-26 What is your journey to well-being? Do you suffer from health issues or a chronic condition? Do you have M.E., CFS, or chronic fatigue? Is stress affecting your well-being? Do you have chronic fatigue or a chronic condition? Are you seeking answers? If you have chronic fatigue for any reason (M.E., CFS, burnout, another chronic condition, on-going stress, trauma, etc.) check this book out! *The Memory of Health* is a memoir and a guide to living well. It is also a comprehensive resource on chronic fatigue, possible solutions, and on how self-care and lifestyle medicine may help you. What makes you thrive, even in the face of great odds? What makes you come alive? At the age of 22, Edie developed chronic fatigue after having surgery for a ski accident. While physical therapy was helpful, she had to seek alternative treatment to regain full use of her knee. In the course of seeking answers to her health challenges, she discovered the power of mindful living and became a conscious consumer. Whether you like mainstream, alternative, or integrative medicine as your solution for health and well-being, be conscious of the choices you make, because they matter. #cfs #chronicfatigue #chronicillness #booksonhealth #M.E. #booksonfatigue #booksonchronicfatigue #howtogetmoreenergy #adrenalinsufficiency #burnout #trauma #energy #moreenergy #theoriesofcfs #theoriesofchronicfatigue #howtoimprovenenergylevels

becoming a wellness coach: *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.

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

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

becoming a wellness coach: The Fibromyalgia Coach Tami Stackelhouse, 2018-01-02 Feel Better, Change Lives, and Find Your Best Job Ever! Looking for a fibromyalgia-friendly career that will help you feel better instead of worse? Could your job be keeping you from you getting better? Do you feel like you aren't ready to file for disability, but can't keep up at work either? In her second book, *The Fibromyalgia Coach*, Tami Stackelhouse tells the story of her lifelong search for the perfect career. A fibromyalgia patient herself, the author credits becoming a Fibromyalgia Coach with helping her stay focused on feeling better when it would have been easy to give up. She says, "Healing is a full-time job." *The Fibromyalgia Coach* will guide you into finding your best job ever - a career that will help you feel better while making a difference in the world around you! What if you aren't losing your mind and can manage brain fog symptoms simply?

becoming a wellness coach: *Midlife, No Crisis* Lisa Levine, 2021-01-05 In this useful and lovely guidebook to midlife for women, life and health coach Lisa Levine provides easy, actionable tools to help readers let go of what's holding them back and become the best version of themselves. Packed with humor, inspirational quotes, and practical advice, *Midlife, No Crisis* encourages readers to practice self-care, cultivate positive habits, and overcome fear so that they can start living an awesome life.

becoming a wellness coach: *Kicking Sick* Amy Kurtz, 2016-12-31 According to the CDC, one out of every two adults is living with a chronic illness. With *Kicking Sick*, Amy Kurtz offers this welcome guide based on her firsthand expertise to help you find the support, self-care essentials, and best medical and integrative treatment plan to improve your unique health situation.

becoming a wellness coach: *The Rebel's Apothecary* Jenny Sansouci, 2020-05-19 Learn how to improve your health and wellness with the healing magic of cannabis, CBD and medicinal mushrooms. When health coach and wellness blogger Jenny Sansouci learned that her father was diagnosed with stage 4 pancreatic cancer, her extensive knowledge of the latest alternative therapies was put to the test. Jenny dove into the world of cannabis and mushrooms and their medicinal properties - and she and her dad are now outspoken champions of the healing power of these plants and fungi - not only to tame the side effects of chemotherapy, but to address everyday wellness concerns. *The Rebel's Apothecary* is the result of her heartfelt and rigorous quest -- a science-based and supportive guide that will enhance the lives of anyone living with pain, anxiety, depression, a weakened immune system, insomnia, and more. Complete with background information, dosing instructions, and everyday recipes, this is the essential handbook for harnessing the ancient healing powers of cannabis and mushrooms --safely, without confusion, fear, or an unwanted high. In addition to debunking myths and de-stigmatizing these powerful healing plants and fungi, *The Rebel's Apothecary* presents: Specific protocols and dosage guides for wellness uses (mood, sleep, immunity, focus, energy) and managing common chemotherapy side effects Everyday wellness routines Recipes for delicious, easy, health-enhancing cannabis and mushroom infused smoothies, coffee drinks, teas, elixirs, gummies, and broths - including recipes from chefs and wellness experts like Dr. Andrew Weil, Kris Carr, Seamus Mullen, Marco Canora and more The latest

research on CBD, THC, medicinal mushrooms and psilocybin Tips for creating a cutting-edge home apothecary of your own

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becoming a wellness coach: *Make Money as a Life Coach: How to Become a Life Coach and Attract Your First Paying Client* Melissa Ricker, Sally Miller, 2018-02-15 Have you ever wondered how to become a life coach but found yourself thinking: What if I fail or am not good enough? What kind of coaching can I do? Where should I even start? If so, you're in the right place. The authors of *Make Money as a Life Coach* get it. They know what it's like to navigate the world of online business and coaching. After considerable learning and several wrong turns, they've both gone on to create successful coaching businesses. Now, they want to help you do the same. Because here's what nobody tells you..... becoming a life coach doesn't have to be difficult. All you need is a phone, an internet connection, and a deep desire to help people. Yes, there are a lot of steps you can take to become a life coach. But you don't have to do all (or many) of them. And you certainly don't need to do everything when you're first starting out. In this book, the authors cut through the noise and show you exactly how to: * Identify your ideal coaching niche - So that you feel confident in your offering and become the coach that you were designed to be. * Define your marketing strategy - To attract a constant stream of your ideal clients. * Confidently conduct a discovery call - So that you sign your first paying clients as quickly as possible. When you follow the steps in this book you'll not only start your business, you'll also sign your first paying client(s) in as little as 30 days. Imagine how your life will change when you're doing work that is meaningful and profitable. Work that you are uniquely designed to do. Reading this book (and taking action) will save you time, money and your sanity. You don't need to keep trying to figure this out on your own. If you're a stay-at-home mom looking to earn income doing rewarding work. Or if you simply want financial freedom and a more meaningful life. *Make Money as a Life Coach* shows you exactly how to become a life coach and attract your first paying client(s) as quickly as possible. So, what are you waiting for? Click the BUY NOW button at

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marketing, so you can spend less time marketing, and more time doing work you love!

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