

Health Coaching

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Health and wellness coaching (HWC) for lifestyle behavior change is emerging as a practice, role, and profession, in diverse health care, employee wellness, and community settings. Health and wellness professionals apply healthy lifestyle changes as a behavior change methodology for the prevention of such conditions as diabetes, hypertension, high cholesterol, and other chronic diseases. Health coaches can also assist clients in applying stress management techniques, financial wellness tips, and other social wellness practices. This presentation focuses on a deeper look at the roles and responsibilities of a health coach and how one can become certified as a health and wellness coach. We will also identify the process for conducting a coaching session following an evidence-based coaching model.