

The Wellness Coach Training Institute

Your Guide to Using a Wellness Coach

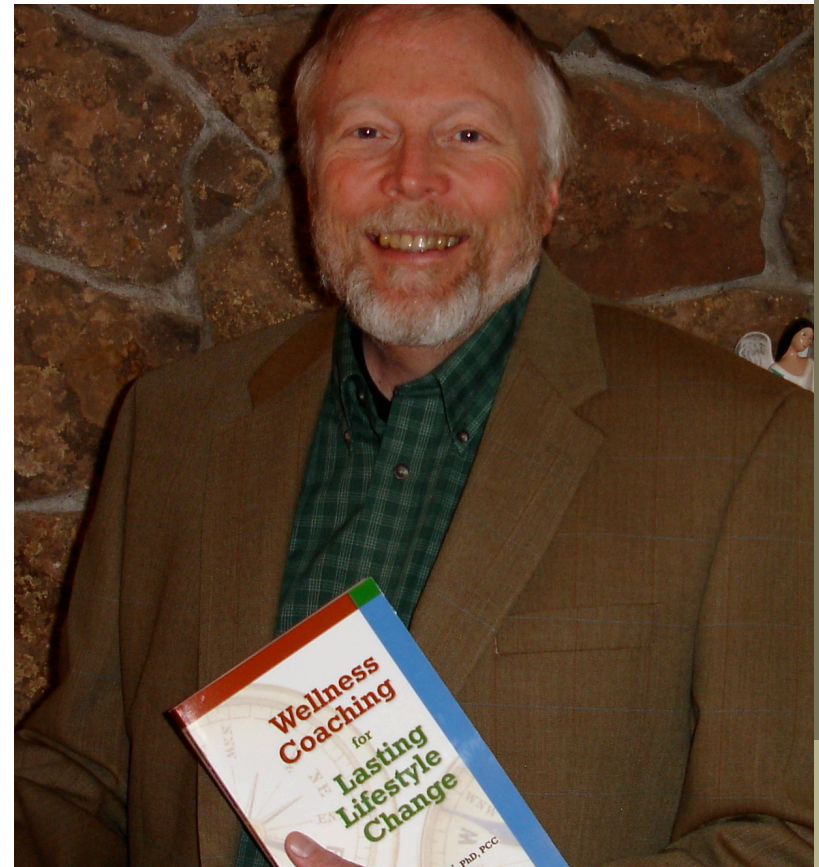
*The Wellness Coach Training Institute Educates
Certifies and Supports Quality Wellness Coaches.*

What is Wellness Coaching?

Wellness Coaching is applying professional life coaching to the goals of lifestyle improvement for higher levels of wellness.

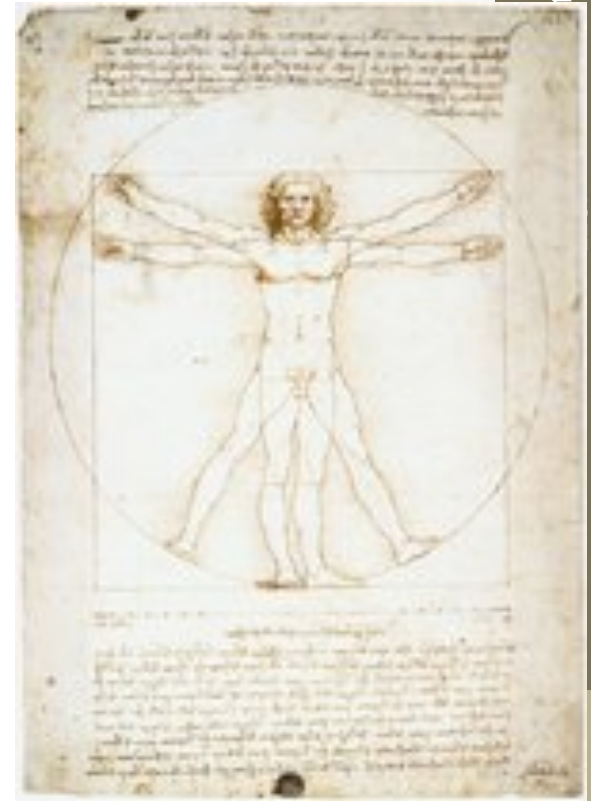
Wellness Coaching weds the best of coaching with the best of:

- The art and science of health promotion
- Lifestyle behavioral change
- Personal growth



Who Uses Wellness Coaches?

- People seeking greater health
- People with health challenges, and those who want to fully “reclaim” their health.
- People who want to move better, eat better, and feel better!
- People who want to strategize ways to find the time to be well!
- People who want help being accountable to themselves for lifestyle improvement.
- People who want to live in balance so they can live a truly extraordinary life!



What We Know about Life Style Improvement

- Research indicates that over half of what determines our health is our lifestyle choices.
- Motivation is even more important than information. Just knowing does not mean “doing”!
- Medications and treatment programs work best when you follow the programs of diet, exercise, stress management, etc. that the healthcare provider recommends.



What We Know about Life Style Improvement

- Many behavioral medicine and wellness programs struggle with helping people like you to change their lifestyle behaviors.
- Wellness coaching is different because it focuses on the on-going coaching relationship and uses a powerful coaching methodology to ensure change.
- Change happens when you are ready for it, and lasts when the coaching process is followed entirely. It is in your court and you decide!



What Happens in Wellness Coaching?

- A professionally trained coach becomes your ally to help you achieve lasting lifestyle behavioral change.
- The coach guides you in taking stock of your current level of wellness and works with you to focus on areas that you will benefit most from improving.
- Together you create your own Wellness Plan to guide you through the change process and ensure the results you want.
- Your coach helps you to overcome both the inner and outer barriers which may be holding you back from success.



How is Wellness Coaching Beneficial?

- Wellness coaching may focus on helping you to follow the “Lifestyle Prescription” that you have been advised to follow by your healthcare providers. There is greater compliance with greater alliance!
- Wellness coaching provides a combination of support and accountability, ensuring that you will really do what you say you will do to improve your lifestyle.



What is Wellness Coaching like?

The coaching experience is much like climbing a mountain with an experienced guide. Mountain Guides do not climb mountains for people, they enable people to climb to new heights in places they may have never been before. They accompany their client on the journey acting as a guide, an ally, a supporter, a source of feedback and a motivator who holds a person accountable to the task taken on. Together, they attain the summit and experience increased health.



Wellness Coaches are Medical Allies

Even though improving your lifestyle can be an important part of your treatment plan with your healthcare provider, a wellness coach does not prescribe or provide any form of treatment.

The Wellness Coach is a behavioral change expert who helps you achieve the lifestyle improvements that your healthcare provider wants to see you make.



A Wellness Coach Supports the Physician

By assisting you in filling the lifestyle prescription ordered by the Doctor.

By supporting your understanding of your choices.

By supporting your positive lifestyle choices.



Ways to use a Wellness Coach

Prevention: When a Health Risk Assessment or just life tells you that a change is needed, a Wellness Coach can assist you as you make the lifestyle changes needed to prevent a potential Health Challenge.

- Weight Loss - Improved body composition
- Nutritional changes
- Increased Activity
- Life Balance
- Stress Reduction and Coping



Onset –Diagnosis of a Health Challenge

When a person learns that they have a health challenge they may be frightened and full of conflicting thoughts and feelings. Though this is very natural it can also get in the way of a person's readiness to make the lifestyle changes needed to positively adapt.

A Wellness Coach will listen to you and will be the ally you need at times like these. The Wellness Coach supports you in making the life style changes you need to make to best adapt to your health challenge and regain your health.

Adapting to Health Challenges and Change

Often, the sooner a person adapts to their health challenge the healthier their overall health is. Part of the equation is education & guidance and part of adapting is your attitude or how you feel about these changes. A Wellness Coach can help you with the behavior changes & lifestyle improvements needed related to (*but not limited to*):

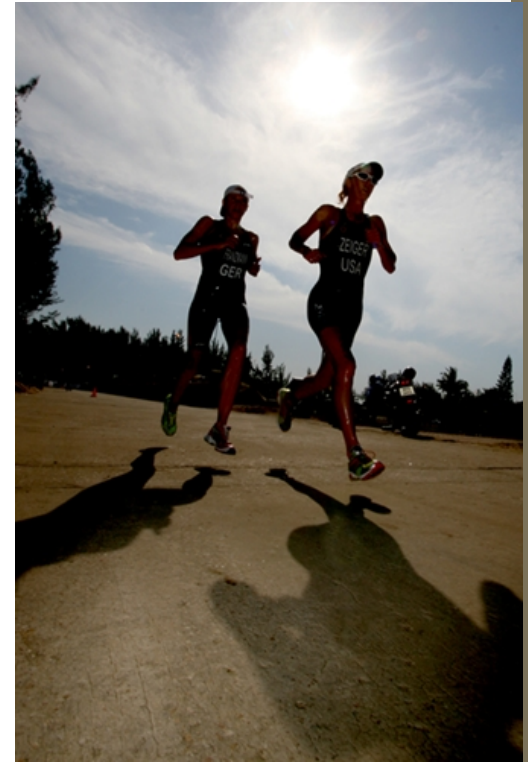
- Diabetes
- Heart Issues
- Cancer
- Mobility Issues
- Aging
- Stress-related Disorders



Reclaiming Your Life and Your Health

Wellness coaches help people to:

- Return to work while practicing needed self-care for healing.
- Reclaim the healthiest and most active life possible after surgery or other health challenges.
- Manage stress and achieve real work/life balance.



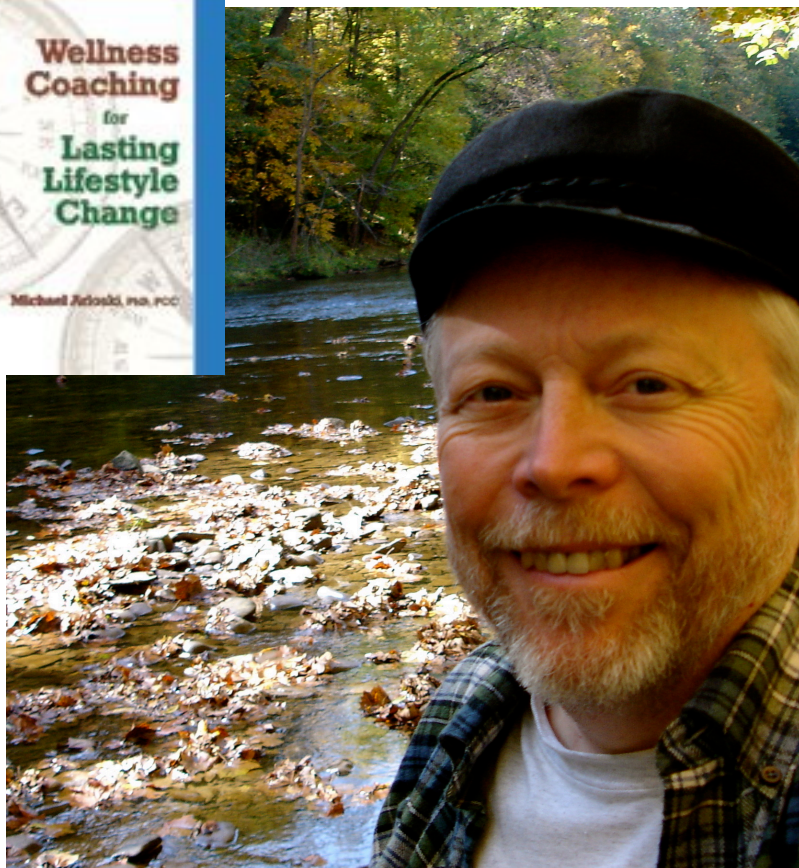
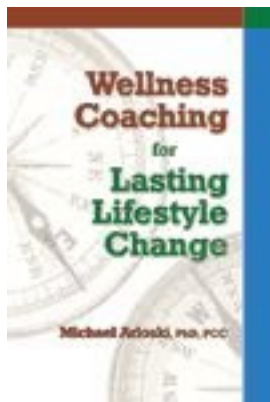
Getting to know the wellness coach!

- Take the time to get to know the wellness coach you are considering.
- Find out the coach's experiences in life and with the health challenges you need assistance with.
- Find out the coach's professional qualifications as a wellness coach.
- Talk with the potential wellness coach about "how" he or she works, and make sure that the coach will be a good match for you.



Wellness Coaching for Lasting Lifestyle Change

by Michael Arloski, PhD., PCC, CWP



Dr. Arloski is the author of the first and most comprehensive book written on wellness coaching.

Wellness Coaching For Lasting Lifestyle Change, Guided by his long experience as a psychologist and wellness coach, Dr. Arloski blends the wisdom of the wellness field and the proven processes of the coaching profession: *Wellness Coaching For Lasting Lifestyle Change* shows coaches and wellness professionals how to work with their clients to help them find the motivation and achieve lasting lifestyle change.

A great resource to wellness professionals doing group and individual work at all levels – health educators, nurses, program directors, EAP's, as well as professional coaches with a niche in wellness.

Credentialing....



Your assurance of quality coaching.

Wellness360[™] “Wellness Coach” Certification

A member of and approved by the International Coach Federation

www.coachfederation.org

Approved provider of CEU's for Health educators, Nurses, and sports and fitness professionals through ACSM, NCHCEC (CHES) and AHNA.



Contact Us



Real Balance Global Wellness Services, llc The Wellness Coach Training Institute

Educating, certifying, and supporting quality wellness coaches worldwide

www.realbalance.com

Call - 866.568.4702 or e-mail: wellness@realbalance.com

for more information on the best in wellness coach training and certification,
or to find a Wellness360° Wellness Coach near you!