

Wellness Mapping 360°©Coaching Competencies for Wellness Coaches©
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1. **Coaching Mindset** – the coach operates from the mindset of a professional ally who provides support, accountability, tools and methods to enhance the client's process of improving the attitudes, beliefs and behaviors that lead to lifestyle improvement. Looking at the client holistically, they are clear about their role as a coach, not an educator or treatment provider.
2. **Coaching Alliance** – the coach demonstrates ability to establish trust, be present with their client, create working agreements and clarify their role as a helping professional. They are able to distinguish when the client is better served by a process other than coaching and can make proper referrals.
3. **Coaching Skills** – the coach is continually learning and refining their interpersonal skills of communication that demonstrate profound listening, appreciative inquiry, use of powerful questions, strategic thinking, empathic understanding and other skills of coaching presence.
4. **Exploration** – the coach assists their client in taking stock of their current state of health and wellness, helping them with self-exploration and self-discovery looking at their whole life. The coach is familiar with health assessment tools and their usefulness in this process.
5. **Visioning and Motivation** – the coach helps their client to discover within themselves motivation that pulls them towards living a healthy and well life. They are able to help their client to crystallize a vision of such a life. They help their clients to discover more intrinsic sources of motivation.
6. **Action Planning** – integrating Readiness for Change theory, the coach is able to co-create with their client a wellness plan of action that leads to lasting lifestyle behavioral change that improves the client's health and wellbeing.
7. **Ensuring Success** – the coach helps their client to find the resources, support and connections to help them succeed in their lifestyle improvement efforts. The coach provides processes that hold the client accountable to follow through with their action plans and navigate challenges to it. The coach helps their client track their progress to know when they are being successful.
8. **Well Outcomes** – the coach helps the client to be clear about their gains and successes and can demonstrate measurable shifts in attitudes, beliefs and behaviors that reflect the accomplishments achieved and the challenges that remain.