



ACADEMY OF CREATIVE COACHING

SPECIALIZATIONS

Health and Wellness Coach

WHAT IS A HEALTH AND WELLNESS COACH?

A health and wellness coach helps to facilitate sustainable health and lifestyle change by working with clients to set goals and implement strategies that lead to a healthy way of life. This is often in collaboration with other professionals such as a counselor or personal trainer. Health and wellness coaches may work in organizations and industries with employees to encourage lifestyle changes that improve work/life balance and enable greater career satisfaction. Health care facilities have also begun to utilize life coaches to assist patients with life-altering illness recovery.



APPLICABLE PROGRAM TOPICS



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| Accountability | Personal Awareness |
| Creative Life Change | Psychology of Happiness |
| Future Planning | Post-Traumatic Growth |
| Goal-Setting | Public Speaking |
| Implicit Bias | Self-Motivation |
| Overcoming Limiting Beliefs | Strengths-Based Awareness |

CAREER PATHS

- Health and Wellness Coach
- Specific Health Problem Coach
- Fitness Coach
- Stress Relief Coach
- Tantra Coach
- Life Balance Coach
- Home Environment Coach

- Holistic Health Coach
- Weight Loss Coach
- Post Medical Treatment Coach
- Nutrition Coach
- Reiki Coach
- Mindset Coach
- Self-Esteem Coach



APPLICABLE TEXTS



- [Wellness Coaching for Lasting Lifestyle Change](#)
- [Integrative Health Coaching: Resource Guide for Navigating Complementary and Integrative Health](#)
- [The Wisdom of the Whole: Coaching for Joy, Health, and Success](#)

HOW SPECIALIZATIONS WORK

1. In-class practice coaching should be within your specialization
2. Read and apply content from your specialization text book and independent exploration
3. Recorded mentor coaching sessions should be focused on your specialization
4. Homework assignments should be driven by your specialization

