Wellness Coaching Certificate

Wellness Coach Certificate Program Learning Outcomes

At the successful conclusion of this program, students will be able to:

1. Demonstrate approved “best practices” for communicating effectively and empathetically with clients, potentiating health and wellness behaviors.
2. Assess strategies for facilitating behavior change by empowering the client to self-discover values, resources, and strategies that are individualized and meaningful.
3. Develop skills to empower clients to become expert in navigating their own life, based upon personal preferences and past experiences.
4. Identify risk factors for chronic disease, commonly used biometric measures, and current lifestyle recommendations for optimizing health, recognizing potential imminent danger and medical red flags, and to know when and how to refer to another health care professional.