

Frequently Asked Questions (FAQ's) About Health & Wellness Coaching

*Welcome to the FAQ's of health & wellness coaching! There are 9 total FAQ's. I know this is a lot of writing...so pick to read what you like. If you want to know more, feel free to click on "I'm ready for the next step" button and schedule a Discovery Session to talk one on one with me!

All the best, Lori

1. Why Would I Want Health & Wellness Coaching?

What would it be like to get up each morning with enthusiasm, and how would that affect the rest of your day?

Take a moment and paint that picture in your mind!

Some of the specific reasons you might seek out a Health & Wellness Coach include:

- You want ways to manage and work with stress.
- You want to feel yourself thriving in mind, body, and spirit.
- You need assistance in making whole-health goals.
- You want accountability for goals you have set for yourself.
- Your doctor has suggested you make lifestyle changes, and you're not sure where or how to start, even though you are motivated to change.
- You've been given a new diagnosis and you want to play an active part in your healing process.
- You have made attempts at change before and it didn't work the way you had hoped.
- You want an independent voice guiding you to lifestyle changes.
- You want to heal in a community of others who are supportive which might include group offerings.

2. What Is Health & Wellness Coaching?

We define Health & Wellness Coaching as a partnership between you and your coach. You are looking to make long-lasting lifestyle changes where you are in control of your journey. You discover how a life in balance, designed and built on purpose, is the bedrock of living a flourishing life.

Another definition comes from the National Board for Health & Wellness Coaching (NBHWC.) They define coaching as a partnership with clients seeking self-directed, lasting changes, aligned with their values, which promote health and wellness and, thereby, enhance wellbeing. In the course of their work, health & wellness coaches display unconditional positive regard for their clients, and a belief in their capacity for change, and honoring that each client is an expert on his or her life, while ensuring that all interactions are respectful and non-judgmental. See more at <https://nbhwc.org/>.

3. What Does the NBC-HWC Certification Mean?



The objective of the National Board Certification for Health & Wellness Coaching (NBC-HWC) is to provide a minimum standard and measure of foundational competencies: the knowledge, tasks, and skills essential to the practice of health & wellness coaching. The application of coaching knowledge is assessed by the Health & Wellness Coaching Certifying Examination. Development and assessment of practical skills are provided by ICHWC approved health & wellness coach training and education programs. Only those passing this examination can call themselves a “NBC-HWC.” See more at <https://nbhwc.org/>.

4. What's the Difference Between Coaching & Therapy?

The main difference between Health & Wellness Coaching and therapy is that coaching focuses on the present and looks toward the future, with the belief that you are already whole, hold the wisdom you need to heal and live into your capacity and potential. Coaches see you as being in the driver's seat during sessions; you are in control of staying on the same path or venturing into new, undiscovered territory. You establish goals during this process, and you take action on them in between sessions.

Typically, therapy will search for present-day meaning within the context of what has happened to you in the past. The therapist is typically the expert within the relationship. Sessions with a therapist may or may not include action steps in between sessions.

Given your circumstances, both coaching and therapy might be of simultaneous benefit. At other times working with a therapist first, and then coming to coaching, might be of greater benefit. Your therapist and coach can help you make that determination.

5. What's the Difference Between Coaching & Teaching?

Health & Wellness coaches aim to empower their clients. From research on motivation, it is known that the more active role you play in your own change process, the more successful you will be in moving forward with your goals and aspirations. Given how motivation works, health & wellness coaches will offer information and education sparingly, offering it to you if they feel it necessary or beneficial for your situation. You have the opportunity to accept or decline this offer. Most often, coaches will encourage you to find the resources you need to make the best decisions for yourself. This is placing you in control of your coaching experience and allows you to find your own path within the experience.

On the other hand, teaching typically involves imparting or handing over information that the teacher feels important or useful. In this case, the teacher is the expert and the student learns from the teacher. For the most part, the information is not tailored to the individual student, but rather a general audience. Moreover, the information may or may not be deemed useful by the individual.

6. What's the difference between Health & Wellness Coaching and other types of coaching?

Health & Wellness coaching is multi-dimensional and focuses on lasting changes that affect an individual's overall health & well-being. Health & Wellness coaching helps you identify which aspects for you to choose in designing your cairn. Health & Wellness coaching looks at the whole individual. So, in a sense, it is whole-health or whole-person coaching. Partnering with a Health & Wellness Collaborative coach then assists you in deciding how to keep your cairn aspects in balance. You might choose to focus on one or several aspects of your health



& well-being at a time, knowing that the balance of each aspect affects the whole. As seen in the cairn model, change in the physical body can be a result of changes in other aspects of life. The goal is to attend to, and be in balance with, all aspects of life. It all matters.

Other types of coaching include life, physical performance, executive, career, and business coaching. These types typically tend to be specialized or focused on specific approaches. Health & Wellness coaching encompasses the other types.

7. What is the Difference Between “Health” and “Well-being”?

The World Health Organization in 1948 defined Health as “... a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity.” (Retrieved from: <http://www.who.int/suggestions/faq/en/>). That definition of health remains accepted as the working official definition in healthcare settings.

The University of Minnesota, Earl E. Bakken Center for Spirituality & Healing defines Well-being as “a state of balance or alignment in body, mind, and spirit. In this state, we feel content, connected to purpose, people, and community; peaceful and energized; resilient and safe. In short we are flourishing.” (Retrieved from: <https://www.csh.umn.edu/about-us>).

The National Center for Complementary and Integrative Health which is part of NIH describes the differences between all three descriptors in the following way:

“Wellness has several dimensions, including emotional well-being (coping effectively with life and creating satisfying relationships) and physical well-being (recognizing the need for physical activity, healthy foods, and sleep)” (2018). <https://nccih.nih.gov/health/wellness>

8. What is the Difference Between Curing and Healing?

A cure relates to medical modalities applied to a person in order for them to effectively deal with a diagnosis. In many situations, these medical interventions are needed and can be quite effective. Example: You seek out medications or procedures to stop an infection. When you are seeking a “cure/fix”, you seek out an expert which might take the form of a physician or therapist. They can be very helpful in a cure situation.

Healing involves the whole individual. It begins to happen when you are aware of your whole self and strengthen the components of your own personal cairn, thereby placing it in balance. Healing can happen without curing and vice versa.

9. How Many Sessions Will I Need with a Health & Wellness Coach?

This is a discussion between you and your individual coach. Decisions are made based on your personal needs and desires.

