Wellness Coaching Frequently Asked Questions

Q: What is Wellness Coaching?

A: “Coaching is the art of creating an environment, through conversation and a way of being, that facilitates a process by which a person can move toward desired goals in a fulfilling manner.” (W. Timothy Gallwey)

Q: What happens at a Wellness Coach session?

A: The process of the coaching session is based entirely on the goal that you are interested in setting. The Wellness Coach’s priority is to facilitate a discussion to understand the reason that you chose to come to the session, the obstacles that are stopping you from achieving a desired goal, and mapping out a plan to be able to achieve that goal in a healthy way. A Wellness Coach may ask you to explain your goals, talk about different areas of your life to develop “the big picture”, and will guide the conversation to set goals around the desired health changes.

Q: Who needs a Wellness Coach?

A: Everyone, no matter their current health status, has the desire to feel happy with their body, to have the energy to perform daily tasks and hobbies, and to enjoy an overall feeling of well-being and happiness. Having a partner on the journey to being healthy and well can provide a system of support and advice where needed.

Q: What brings clients to Wellness Coaching?

A: The desire to work with a Wellness Coach can be for a variety of reasons and is based on an individual’s personal health goals. Here are some possible reasons that an individual may choose to work with a Wellness coach: 1) Quick fixes don’t seem to have lasting affects and individuals may get to a point where they want to be in control of their own wellness process, 2) Wellness is so much more than just losing weight and the mental and physical process can be a lot easier with someone on your team, 3) Confidence in being able to reach health goals can be intimidating and working with someone else and getting advice where needed can be really helpful in the process.

If you have any of these reasons on your mind about your health or any other reason, feel free to talk to a Wellness Coach about it.
Q: What do I need to do to prepare?

A: Book the appointment. That’s about it! Wellness Coaching is not a scripted process with a pre-determined outcome. Each conversation is different and the only thing you need to do as a client is prepare to be willing to talk honestly about the obstacles in your life that are keeping you from achieving your health and wellness goals. In addition, if you come prepared with a goal in mind, the conversation will be much more productive.

Q: What is coaching not?

A: A Wellness Coach is not your health professional or a trained therapist. There are certain situations where the needs of an individual cannot be met by a Wellness Coach and, in that case, you may be directed to a trained medical doctor or a therapist. Many times, in those cases, you can have sessions with a Wellness Coach to work on the goal setting process around the advice given by your doctor. (Ex: If your doctor prescribes that you lose a certain amount of weight, but you are not sure how to do that, a Wellness Coach can work with you to set goals around that process).

Q: What can a Wellness Coach help with?

A: A Wellness Coach can help with a variety of different health changes, including but not limited to the following: sleep, stress, weight Management, exercise, nutrition, self development, life satisfaction and time management relevant to mind and body health. If there is something related to health that is affecting a person’s ability to live life as they would like, a Wellness Coach will be able to work through those obstacles and help in the goal setting process to make the desired changes, no matter the subject.

Q: How many sessions are necessary?

A: The most effective number of sessions will completely depend on the goal that is set and the individual. Things like life circumstance, time, motivation, etc. may affect the process. It is usually recommended to have at least one follow-up to assess the success of the goal-setting and making process. Like coaching in general, it is completely up to the client if a follow-up is necessary.