

Eight Characteristics of Effective Health and Wellness Coaches



1. Connection with others



5. Problem-solving mindset



2. Trust and rapport



6. Ability to create a positive emotional experience



3. Empathy



7. Contextual awareness



4. Ability to guide discovery and transformation



8. Client-centered belief system

“With a good coach, the journey of change is engaging, even fun, more like an adventure than hard work.” —Margaret Moore