

Influencing Lasting Lifestyle Change Through Health and Wellness Coaching



The Effective Health and Wellness Coaching Process

A Wellness Plan

Co-creating a wellness plan with the client provides clear direction for health-related change and coaching sessions. The client is the expert on their own life, while the coach serves as a guide, support, and resource. The wellness plan becomes a practical tool that supports sustainable behavior change by exploring both short- and long-term goals, as well as the client's motivation for achieving them.

Consider the following:

- The client's current state
- The client's desired outcomes
- The resources and support needed to succeed
- How success will be defined and measured.

A Wellness Vision

Developing a wellness vision provides the client with an opportunity to define their "best possible self." It clarifies what wellness looks like for the client and how their life may improve as they move toward that vision. It represents their ultimate goal.

The Focus

Coaches use the wellness plan and vision to guide each session's focus. Grounded in the client's priorities, the coach assesses readiness for change, uncovers benefits and barriers, and identifies actionable steps to support progress toward their goals.

The Journey

Behavior change occurs through the work completed during a client's journey. This ongoing process provides opportunities to gain insights, identify support systems, build confidence and empower beliefs, commit to changing lifestyle habits, and take action to shift self-perception.

The Impact

Lasting behavioral and lifestyle change is achieved through ongoing self-reflection, repeated practice, and support. Over time, new habits take root, and the rewards of change become tangible and meaningful.

"Coaches provide structure and assistance, but it is ultimately the client who gets to where they need to be. The coach's role is to raise the client's conscious effort to increase the support they need to develop their own plan." —**Dr. Michael Arloski**



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Resource: <https://positivepsychology.com/health-coaching-templates/>

wellnessalliance.org