

Live Class Coaching Topics



Introduction to Health & Wellness Coaching

Coaching Philosophy and Scope of Practice

Empowered Well-Being and Reactive Distress Models

Introduction to the AtoB Empowered Coaching Framework

Client Vision and Values

Motivational Interviewing

- The Spirit of MI
- Engaging Your Client
- Focusing the Session
- Evoking Change
- Planning & Goal Setting

Coaching Process

- Initial Coaching Session
- On-going Coaching Sessions
- Collaborative Lifestyle Medicine Prescription
- Final Coaching Call

Coaching Tools & Resources

Coaching Legal & Ethics

Coaching Professional Development
National Board Exam Preparation



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PATHWAY
PROGRAM

