

# Health and Wellness Coaching

## DEGREES

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- Certificate of Proficiency in Health and Wellness Coaching

## STUDENT OPPORTUNITIES

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- The wellness coaching certificate program at UVU will stack into both the associate and bachelor degrees in Public Health. Students will be eligible to sit for the NWHBC exam after completing this certificate, and either an associate's degree or 4,000 hours of work in any field.

## CAREER PATHS

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- Health and wellness coaching professionals work in government, private, and nonprofit sectors as expert facilitators of sustainable change in mindset and behaviors.

## COURSE DELIVERY OPTIONS

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Mostly face-to-face (required for the certification)



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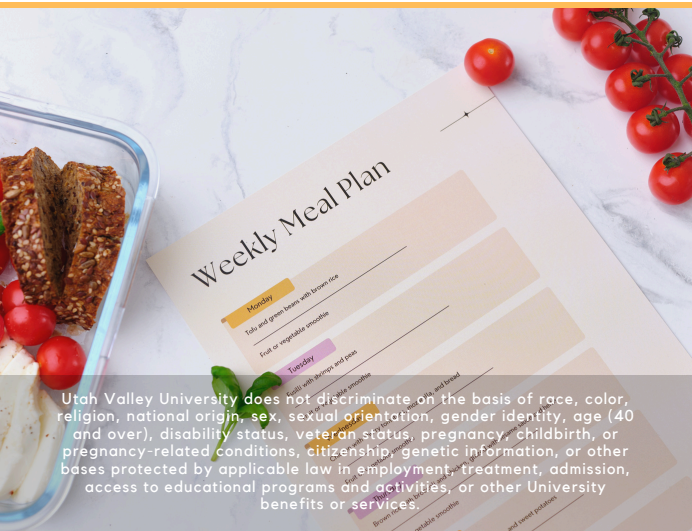
# LEARNING OUTCOMES

- Facilitate wellness behavior change by empowering the client to self-discover values, resources, and strategies that are individualized and meaningful.
- Identify risk factors for chronic disease and recommend lifestyle changes to optimize health and wellness.
- Use empathy and emotional availability to create a positive rapport with clients and ensure their wellness needs are being met.
- Develop client wellness plans while considering personal preference and goals.
- Demonstrate best practices for communication such as active listening, writing for clarity, and responding professionally to inquiries.

# ADVISEMENT

To contact an advisor please visit [uvu.edu/chps/advising/](http://uvu.edu/chps/advising/) and select Wellness Coaching

Visit [uvu.edu/wellness/coaching\\_certification/](http://uvu.edu/wellness/coaching_certification/) for more information.



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