

how much does a wellness coach make

How Much Does a Wellness Coach Make? A Deep Dive into Earning Potential

Are you thinking about becoming a wellness coach? The path to a fulfilling career helping others achieve their health goals is exciting, but a crucial question always arises: how much does a wellness coach make? This isn't a simple answer, as earnings vary wildly depending on several factors. This comprehensive guide dives deep into the financial landscape of wellness coaching, exploring salary ranges, influencing factors, and strategies to maximize your income. We'll equip you with the knowledge to make an informed decision about your potential earnings as a wellness coach.

Factors Influencing a Wellness Coach's Salary

Before we jump into specific numbers, it's essential to understand what drives the variability in wellness coach salaries. Several key factors are at play:

1. **Experience and Credentials:** Just like any profession, experience significantly impacts earnings. New coaches often start with lower rates, gradually increasing their fees as they build a client base and a strong reputation. Certifications, specialized training (e.g., in nutrition, fitness, mindfulness), and advanced degrees can also command higher rates. A certified health coach with a master's degree will generally earn more than someone with only a basic certification.
1. **Niche and Specializations:** Focusing on a specific niche within wellness coaching can significantly boost your earning potential. For example, a wellness coach specializing in corporate wellness programs or working with high-net-worth individuals can command much higher fees than a general wellness coach. Specializations in areas like weight loss, stress management, or sports performance also tend to be more lucrative.
1. **Business Model and Client Acquisition:** How you structure your business drastically affects your income. Are you an independent contractor setting your own rates? Do you work for a wellness center or company with a set salary? Your client acquisition strategy also matters; building a strong online presence and effective marketing can lead to a higher volume of clients and ultimately, higher earnings.
1. **Location:** Geographical location plays a significant role. Coaches in major metropolitan areas with higher costs of living often charge higher rates to reflect the market. Conversely, coaches

in smaller towns or rural areas may have lower rates due to lower demand and cost of living.

1. **Pricing Strategy and Value Proposition:** How you price your services is critical. Are you charging by the session, package deals, or subscription model? Positioning yourself as a premium coach with a strong value proposition (i.e., demonstrating tangible results for your clients) justifies charging higher fees.

Salary Ranges: A Realistic Look

Given the varied factors above, pinning down a precise number is difficult. However, we can offer a realistic overview of potential earnings:

Entry-Level Wellness Coaches: New coaches often start with hourly rates ranging from \$30 to \$60 per session. Their annual income might fall within the \$25,000 to \$50,000 range, depending on their client load.

Mid-Level Wellness Coaches: With 2-5 years of experience and a growing client base, mid-level coaches might charge \$75 to \$150 per session. Their annual income could range from \$50,000 to \$100,000 or more.

Experienced and Specialized Wellness Coaches: Highly experienced coaches with a strong reputation, advanced certifications, and specialized niches can command much higher rates, sometimes exceeding \$200 per session. Annual income for these coaches can easily surpass \$100,000 and potentially reach six figures or more.

It's crucial to remember these are ranges, and individual earnings can vary significantly. Building a successful coaching practice requires dedication, marketing savvy, and a commitment to delivering exceptional results for clients.

Maximizing Your Earning Potential

Several strategies can help you increase your income as a wellness coach:

Niche Down: Specializing in a specific area allows you to target a particular audience and command higher fees.

Build a Strong Online Presence: A professional website and active social media presence are essential for attracting clients.

Network and Collaborate: Build relationships with other health professionals and businesses to expand your reach.

Invest in Marketing and Advertising: Targeted advertising can help you reach potential clients.

Offer Various Packages and Services: Provide diverse options to cater to different budgets and needs.

Continuously Upskill and Improve: Stay up-to-date with the latest trends and advancements in wellness.

Conclusion

The question, "How much does a wellness coach make?" has no single answer. Earnings are highly dependent on experience, specialization, business acumen, and location. While starting salaries might be modest, the potential for significant income growth is substantial with dedication and strategic planning. By focusing on building a strong brand, providing excellent service, and continuously enhancing your skills, you can build a thriving and profitable wellness coaching practice.

FAQs

1. Do I need a specific degree to become a wellness coach? No, a specific degree isn't mandatory, but relevant certifications and training are highly recommended to establish credibility and expertise.
1. How do I set my coaching rates? Research your local market, consider your experience and credentials, and analyze your competitors' pricing. Start with a rate that feels fair and gradually adjust it based on demand and client feedback.
1. What's the best way to find clients as a wellness coach? A multi-pronged approach is best: online marketing (website, social media), networking, referrals, and potentially collaborations with other businesses.
1. Can I work as a wellness coach remotely? Yes, many wellness coaches work entirely remotely using video conferencing and online communication tools.
1. What are the ongoing costs associated with being a wellness coach? Costs can include website development/maintenance, marketing and advertising, professional development courses, and software subscriptions. Consider these expenses when setting your rates.

how much does a wellness coach make: Lifestyle Wellness Coaching-3rd Edition Gavin, James, McBrearty, Madeleine, 2019 Lifestyle Wellness Coaching, Third Edition With Web Resource, offers an evidence-based and systematic coaching methodology that professionals can use to help clients achieve long-term overall wellness by addressing health, fitness, and lifestyle.

how much does a wellness coach make: Unconventional Medicine Chris Kresser, 2017-09-06

The world is facing the greatest healthcare crisis it has ever seen. Chronic disease is shortening our lifespan, destroying our quality of life, bankrupting governments, and threatening the health of future generations. Sadly, conventional medicine, with its focus on managing symptoms, has failed to address this challenge. The result is burned-out physicians, a sicker population, and a broken healthcare system. In *Unconventional Medicine*, Chris Kresser presents a plan to reverse this dangerous trend. He shows how the combination of a genetically aligned diet and lifestyle, functional medicine, and a lean, collaborative practice model can create a system that better serves the needs of both patients and practitioners. The epidemic of chronic illness can be stopped, if patients and practitioners can adapt.

how much does a wellness coach make: Wellness Coaching for Lasting Lifestyle Change Michael Arloski, 2014 Arloski blends the wisdom of the wellness field with the proven processes of the coaching profession to create an easy-to-use training tool. The result is the perfect training tool for wellness professionals of all kinds: disease management professionals, professional coaches, EAP professionals, counselors, and therapists.

how much does a wellness coach make: Lifestyle Wellness Coaching James Gavin, Madeleine McBrearty, 2013-04-18 Lifestyles have changed dramatically over the past quarter century, and along with these changes come exciting opportunities for health, wellness, and fitness professionals, including new career paths in the professional domain of health and wellness coaching. Centered on an evidence-based process for guiding change, *Lifestyle Wellness Coaching, Second Edition*, offers a systematic approach to helping clients achieve enduring changes in their personal health and wellness behaviors through a supportive and forward-moving coaching relationship. Formerly titled *Lifestyle Fitness Coaching*, the second edition of *Lifestyle Wellness Coaching* has been thoroughly revised and updated to keep pace with the rapidly evolving field of lifestyle coaching. The text offers powerful methodologies for those who want to embrace lifestyle coaching as their primary profession as well as for those who intend to integrate a coaching approach into their work with clients. The text is complemented by discussions, case studies, reflective opportunities, and practical aids and engages readers through multiple approaches to learning:

- Dynamic coaching dialogues bring abstract concepts to life.
- Typical exchanges between coaches and clients are illustrated.
- The International Coach Federation's 11 core competencies are thoroughly examined to prepare readers for certification in the profession of coaching.
- Sidebars provide practical guidance for enhanced understanding and prompt readers to personally experience the content.

Lifestyle Wellness Coaching, Second Edition, uses realistic coaching conversations to address issues such as the timing and types of questions to ask, how to provide feedback effectively, and how to facilitate robust action planning. Readers are presented with a broad overview of the field and detailed analysis of core ingredients to promote effective coaching relationships. The text includes essential structures for coaching conversations and practical considerations to help readers adapt materials to their unique career interests. *Lifestyle Wellness Coaching* introduces readers to models that clearly identify clients' progress through the stages of change. First, the text explores the popular transtheoretical model (TTM) of health-related behavior change and its delineation of six stages of clients' readiness to change. Discussion of TTM includes strategies appropriate to clients in various stages of readiness to change. *Lifestyle Wellness Coaching* also presents the learning-through-change model (LCM), revealing the deep layers beneath each phase of client movement toward change. Following considerations of the stages and phases of change, readers are offered a critical map for coaching clients toward goal achievement. The authors' unique flow model of coaching illustrates how professional coaches help clients navigate the sometimes turbulent events in attempting to change habitual patterns of behavior. *Lifestyle Wellness Coaching, Second Edition*, details how professionals engage in well-designed communication strategies to motivate, guide, inform, and support clients' processes toward personal change with a holistic approach. The text frames the boundaries of care and advice appropriate to coaching relationships. Some of the issues explored include the centrality of a trusting relationship, creating goals that are aligned with coaching processes, unblocking clients' energy and discovering resources for change, and

generating forward movement through the skillful use of the International Coach Federation's 11 core competencies. Whether you want to apply certain aspects of a coaching approach with your clients or move toward adding a professional coach certification to your résumé, *Lifestyle Wellness Coaching, Second Edition*, will serve you well. The text presents the necessary skills for professional development and offers an evidence-based methodology for supporting and advancing clients in change processes related to health, wellness, and fitness agendas.

how much does a wellness coach make: The Balanced Life: Health and Wellness Coaching for Busy Women Sharon L. Cooper-Jones, 2023-12-30 In the whirlwind of today's fast-paced and demanding world, where the pursuit of success often takes precedence over our well-being, it becomes imperative to pause, reflect, and seek a harmonious balance between our personal and professional lives. This preface marks the beginning of a journey—one that transcends age, gender, relationship status, and professional roles—a journey into the realm of health and wellness coaching. For entrepreneurs navigating the challenges of business, women and men striving to make their mark, singles and married individuals juggling multiple responsibilities, and individuals of all ages grappling with the pressures of life, the pages that follow offer a beacon of hope and guidance. It is a recognition that, amid the hustle and bustle, we often neglect our own well-being, the cornerstone of a truly successful and fulfilling life. Within these chapters, we explore the transformative potential of health and wellness coaching—a key that can unlock the door to a more balanced and satisfying existence. Through insights, strategies, and practical wisdom, we delve into the ways in which this coaching can empower individuals from all walks of life to navigate the challenges, prioritize self-care, and embark on a journey towards holistic well-being. As we embark on this exploration, let these pages serve as a reminder that investing in our health and wellness is not a luxury but a necessity. Regardless of where you find yourself in the tapestry of life, the principles shared herein are tailored to resonate with the diverse facets of your existence. May this journey inspire you to reclaim control over your well-being, fostering a life that is not only successful by external standards but also deeply fulfilling and balanced from within.

how much does a wellness coach make: How to Incorporate Wellness Coaching into Your Therapeutic Practice Laurel Alexander, 2011-08-15 Wellness coaching is an emerging and vibrant area of healthcare. It takes healing beyond the curing of symptoms and empowers clients to take their health back into their own hands. This book provides therapists with the knowledge and skills to rejuvenate their therapeutic practice by incorporating wellness coaching techniques into their range of services. Laurel Alexander redefines wellness as an integrated lifestyle and mindset process and shows that wellness coaching can be a profound and practical way to help clients make meaningful changes to their health and outlook. The book offers a wellness coaching toolbox, explaining key skills such as how to create an organic personal wellness plan, how to build client rapport and give constructive feedback, and how to apply different coaching models effectively. Practical steps and examples make it easy for any therapist or counsellor to pick up the reins of wellness coaching for themselves. Exciting new developments such as wellness diagnostic services, preventative healthcare, customised treatments and DIY healthcare are explored. With shrewd advice and useful insights, this book is an essential resource for complementary therapists and counsellors looking to update their existing practice and tap into the rapidly expanding wellness market.

how much does a wellness coach make: Integrative Wellness Coaching Laurel Alexander, 2022-09-21 By presenting a holistic and integrated health and wellbeing approach to personalised care through wellness coaching, this handbook provides theory, insights, best practice, case studies and CPD activities in order to deepen practitioners' knowledge and experience. Integrative wellness is about working in collaboration and is a partnership between the professional and the patient with the latter understanding that they can take as much control as is possible for their own health and wellbeing. This book helps form this collaboration by exploring the co-creation of personalised care plans, effective coaching skills and cognitive-behavioural interventions including motivational coaching for patient activation, as well as flexible ways to provide wellness coaching. Exploring how

the mind-body connection can improve the patient's journey, Integrative Wellness Coaching is an invaluable guide for any healthcare practitioner who wants to embrace their patients' lifestyle choices and mindsets towards their own health.

how much does a wellness coach make: The Complete Handbook of Coaching Elaine Cox, Tatiana Bachkirova, David A. Clutterbuck, 2014-04-01 This second edition provides the most comprehensive guide to the field of coaching, exploring a range of coaching theories and approaches, genres and settings, and professional issues. It supports trainees and professionals to identify and develop a personal style of coaching. Its three parts cover: The theoretical traditions underpinning coaching such as cognitive-behavioural, Gestalt and existential Contexts and genres such as life, executive, peer, team and career coaching Professional issues such as ethics, supervision, continuing professional development, standards and mental-health issues. Written by leading international authors, each chapter makes links between theory and practice and includes discussion questions to facilitate reflection on the topic, further reading suggestions, and case studies. This new edition includes completely revised and updated chapters throughout, an additional emphasis on cross-cultural coaching and new chapters on Health and Wellness Coaching and Researching Coaching. The handbook is a unique resource that has helped thousands of practitioners and trainees from a variety of professions and multi-disciplinary backgrounds, including health, education, business and management and psychology, throughout their coaching career.

how much does a wellness coach make: The Secret of Coaching and Leading by Values Simon L. Dolan, 2020-06-07 Coaches play a major role in helping people understand their values and the values of their surroundings and helping them make choices and adapt. Sometimes the choice may be to find a situation more in sync with your values. Or it may mean working hard on yourself or in concert with your partner, team, or organization. Whatever we need to do to attain it, a positive fit makes for a happier person, and a happier person will be more successful. This accessible and practical book will help coaches, educators, leaders, and managers understand the philosophy, methodology, and tools that can be used to make a person happier, healthier, and more productive at work and in life in general. This book compiles short vignettes from over a dozen global academics and celebrated executive coaches, sharing information about aligning values in different settings. Based on years of research and written for readers from all walks of life, you will learn that when you understand your core values, place them on a triaxial template, and align them with your definition of success, everything changes. It will help you come out of your comfort zone in order to embrace the future and enhance the quality of your life. For this, you need a concept, a methodology, and effective tools, all of which are offered in this book. Rich with practical step-by-step methodologies and tools to facilitate values-led leadership, coaching, and mentoring, this book is essential for any change agent, be it a coach, a leader, an educator, or any person who is interested in learning how to become more effective, improve their practice, and engage in self or professional coaching. At the same time, it will enhance leadership qualities.

how much does a wellness coach make: Successful Career Development for the Fitness Professional, 2006

how much does a wellness coach make: Health Promotion and Wellness Cheryl Hawk, Will Evans, 2013-03-20 Health Promotion and Wellness, is designed to provide chiropractors with both the theoretical knowledge and practical skills they need to provide high-quality clinical preventive services. This resource is separated into two parts: one section covering theory, the other section covering practical applications. The book is strongly evidence-based and is designed to ensure that chiropractors use consistent terminology and documentation methods, therefore promoting their credibility and ability to integrate into the healthcare system.--Publisher's website.

how much does a wellness coach make: Therapist as Life Coach: An Introduction for Counselors and Other Helping Professionals (Revised and Expanded) Patrick Williams, Deborah C. Davis, 2007-10-17 In 2006, U.S. News and World Report listed coaching as one of the 10 top growing professions. The first edition of *Therapist as Life Coach*, published in 2002, anticipated this

trend, and since its publication it has become a standard for therapists who wish to transition or expand their practices into life coaching. Pat Williams and Deborah C. Davis have finally revised their classic practice-building book for today's therapists and future coaches. Every chapter in this second edition has been updated and rewritten, reflecting the growth of the coaching field and its increasing appeal to not only therapists, but all helping professionals. The book begins by exploring the history of the coaching movement and shows how society is hungry for life coaches. The second part of the book explains in detail the differences and similarities between coaching and therapy, discusses the coaching relationship, and considers some of the skills therapists will need to learn and unlearn in order to reclaim their joyfulness about their work. Professional transition tools such as developing and marketing your practice and honing your coaching skills are discussed at length in Part Three. The final section moves beyond basic life coaching to introduce coaching specialties such as corporate coaching, offers self-care strategies for life coaches, and peeks into the future of life coaching. There is new material throughout, including an overview of recent coaching developments, updated liability concerns, new business opportunities, and a new section on the research about coaching. Coaching gives practitioners the opportunity to break free of managed care and excessive reliance on the insurance industry and to work with a wide range of clients—specifically, those who are not suffering from mental illness but, rather, seeking to maximize their life potential. This book will help you enter this lucrative and personally enriching world with the skills and knowledge you need to build a successful coaching practice.

how much does a wellness coach make: Coaching by Values (Cbv): Simon L. Dolan, 2011-08-03 This book is about values. It is about life values, work values, family values, and world values. It is also about value alignment. Author Simon Dolan extends the concepts presented in the best-selling *Managing by Values*, adding many innovations including a step-by-step methodology for diagnosing value congruence and tools for conducting real value reengineering (value alignment). Dolan argues that when people understand their values (regardless of how and why they have emerged), and analyze their relative importance and consequences, they can see more clearly how these values affect their daily lives. Extensive research shows that realignment of values ensures better congruence with goals and objectives resulting in deeper inner satisfaction, which positively affects overall well-being, state of mind, performance, and general happiness. This is what the author calls success in the life of business and the business of life. The description is fresh and innovative, the methodology is clear, and the tools can be used by individuals, business professionals, families, organizations, and wellness and life coaches alike. Click on the links below for available book reviews. www.forewordreviews.com/reviews/coaching-by-values/
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how much does a wellness coach make: Introduction to Kinesiology Duane V. Knudson, Timothy A. Brusseau, 2021-10-26 *Introduction to Kinesiology: Studying Physical Activity*, Sixth Edition, gives students a complete overview of the field of kinesiology and explores the common career paths, questions, and ideas that are part of this discipline. The text stimulates curiosity about the field of kinesiology, gives insight into the subdisciplines of the field, and generates awareness of the current issues that kinesiology professionals seek to understand and solve--

how much does a wellness coach make: Motivational Interviewing in Life and Health Coaching Cecilia H. Lanier, Patty Bean, Stacey C. Arnold, 2024-08-29 Written by and for coaches, this groundbreaking book shows how motivational interviewing (MI) can be infused into health and wellness coaching and life coaching to help clients clarify and achieve their goals. Cecilia H. Lanier, Patty Bean, and Stacey C. Arnold concisely explain how the MI spirit, method, and skills mesh perfectly with professional coaching standards and core competencies. The book is packed with concrete examples, sample dialogues that illustrate ways to use MI in coaching conversations, and learning questions and activities. The companion website features 20 downloadable handouts plus an overview of research support for coaching with MI.

how much does a wellness coach make: *The Business and Practice of Coaching: Finding Your Niche, Making Money, & Attracting Ideal Clients* Wendy Allen, Lynn Grodzki, 2005-09-17 Building a thriving coaching business is a challenge. An estimated 30,000 coaches have entered the coaching profession during the past five years. Unfortunately, the majority report they are unable to earn a living wage from their coaching services. Competition is high, and the knowledge of how to succeed in the business is often lacking. To survive today, coaches must match their enthusiasm with strong business and marketing expertise. Lynn Grodzki and Wendy Allen are veteran business coaches who understand how to strategically approach the business and the practice of coaching as well as how to mentor new coaches entering the profession. The Business and Practice of Coaching is the first text to combine a coaching approach (step-by-step exercises, direct suggestions, insider's tips, and motivational plans) with solid business information and ideas in order to give new and experienced coaches exactly what they need to prosper in the competitive business of coaching. Grodzki and Allen help coaches succeed by giving them the right information, showing them how to develop an entrepreneurial mind-set, and demonstrating how to customize a business plan that can spell the difference between accomplishment and collapse. Grodzki and Allen gives each reader the ability to:

- * Build a coaching business that has relevance to the larger community around it and be aligned with the new realities of the coaching profession.
- * Refine your coaching skill set to incorporate the five coaching competencies that signal to the public that you are a masterful coach.
- * Define your innate coaching specialty and target a profitable niche market so you can make a bigger impact as a coach.
- * Implement the eight best marketing strategies to attract coaching clients (and know the marketing ideas that coaches do best to avoid).
- * Set and raise your fees the right way, develop multiple streams of coaching income, and build a six-figure business that you can own and sell.
- * Institute risk management policies that ensure your practice is legally safe, ethically sound, and trouble free.

Covering all of the territory from positioning your coaching business, differentiating it from the competition, acquiring basic entrepreneurial skills, and learning from profiles of master coaches The Business and Practice of Coaching offers a wealth of information and accessible, yet expert guidance. Readers will discover how to take advantage of current trends and avoid distracting hype within the quickly changing coaching profession so that the coaching business they build today will be viable tomorrow.

how much does a wellness coach make: *Yes Yes Hell No!* Whetten Ph D, 2014-11-30 This book is a powerful and reliable tool for developing the skills needed to make big decisions where the stakes are high, create big wins where the goals are specific, heartfelt and really matter, and turn your fears into some of your most trustworthy friends.

how much does a wellness coach make: *Rock Steady* Ellen Forney, 2018 Rock Steady: Brilliant Advice From My Bipolar Life is the eagerly awaited sequel/ companion book to Forney's 2012 best-selling graphic memoir, Marbles: Mania, Depression, Michelangelo, and Me. Whereas Marbles was a memoir about her bipolar disorder, Rock Steady turns the focus outward, offering a self-help survival guide of tips, tricks and tools by someone who has been through it all and come through stronger for it.

how much does a wellness coach make: *Anti-Diet* Christy Harrison, 2019-12-24 Reclaim your time, money, health, and happiness from our toxic diet culture with groundbreaking strategies from a registered dietitian, journalist, and host of the Food Psych podcast. 68 percent of Americans have dieted at some point in their lives. But upwards of 90% of people who intentionally lose weight gain it back within five years. And as many as 66% of people who embark on weight-loss efforts end up gaining more weight than they lost. If dieting is so clearly ineffective, why are we so obsessed with it? The culprit is diet culture, a system of beliefs that equates thinness to health and moral virtue, promotes weight loss as a means of attaining higher status, and demonizes certain ways of eating while elevating others. It's sexist, racist, and classist, yet this way of thinking about food and bodies is so embedded in the fabric of our society that it can be hard to recognize. It masquerades as health, wellness, and fitness, and for some, it is all-consuming. In Anti-Diet, Christy Harrison takes on diet culture and the multi-billion-dollar industries that profit from it, exposing all the ways it robs

people of their time, money, health, and happiness. It will turn what you think you know about health and wellness upside down, as Harrison explores the history of diet culture, how it's infiltrated the health and wellness world, how to recognize it in all its sneaky forms, and how letting go of efforts to lose weight or eat perfectly actually helps to improve people's health—no matter their size. Drawing on scientific research, personal experience, and stories from patients and colleagues, *Anti-Diet* provides a radical alternative to diet culture, and helps readers reclaim their bodies, minds, and lives so they can focus on the things that truly matter.

how much does a wellness coach make: *Lifestyle Medicine, Third Edition* James M. Rippe, 2019-04-17 The field of lifestyle medicine, which is the study of how daily habits and actions impact on both short- and long-term health and quality of life, continues to expand globally. The scientific and medical literature that supports the success of these lifestyle habits and actions is now overwhelming. Thousands of studies provide evidence that regular physical activity, maintenance of a health body weight, following sound nutritional practices, stress reduction, and other good practices all profoundly impact both health and quality of life. Following its predecessors, *Lifestyle Medicine, Third Edition*, is edited by lifestyle medicine pioneer, cardiologist Dr. James Rippe. This edition has been thoroughly updated and represents the expert opinions of 20 section editors as well as more than 150 expert chapter authors whose knowledge span all aspects of this emerging discipline. Topics cover lifestyle medicine practices including regular physical activity, proper nutrition, and weight management. These principles are applied to the prevention and or treatment of a wide variety of chronic conditions ranging from heart disease and diabetes to cancer, mental health, addiction, and injury prevention. This book serves as evidence base for individuals who wish to practice lifestyle medicine or incorporate some of its principles into either general medicine or subspecialty practice. It provides valuable information to healthcare workers in the fields of nutrition, exercise physiology, psychology, behavioral medicine, health promotion, and public policy where lifestyle medicine principles play an ever-increasing role.

how much does a wellness coach make: *Transforming Adults Through Coaching: New Directions for Adult and Continuing Education, Number 148* James P. Pappas, Jerry Jerman, 2015-12-01 The field of coaching adult populations has grown dramatically over the past two decades. This volume brings together coaching scholars and experts to review this trend, examine some of the theoretical foundations of the field, and explore how coaching adults manifests itself in the workplace, at executive levels, and in educational and nonprofit organizations. Readers will: Gain understanding of this field of coaching adult audiences, Learn how adult development and adult learning theories undergird this work, and See applications of coaching approaches through numerous case studies. This is the 148th volume of the Jossey Bass series *New Directions for Adult and Continuing Education*. Noted for its depth of coverage, it explores issues of common interest to instructors, administrators, counselors, and policymakers in a broad range of education settings, such as colleges and universities, extension programs, businesses, libraries, and museums. This is the 148th volume of the Jossey Bass series *New Directions for Adult and Continuing Education*. Noted for its depth of coverage, it explores issues of common interest to instructors, administrators, counselors, and policymakers in a broad range of education settings, such as colleges and universities, extension programs, businesses, libraries, and museums.

how much does a wellness coach make: *Healthy Aging* Patrick P. Coll, 2019-03-29 This book weaves all of these factors together to engage in and promote medical, biomedical and psychosocial interventions, including lifestyle changes, for healthier aging outcomes. The text begins with an introduction to age-related changes that increase in disease and disability commonly associated with old age. Written by experts in healthy aging, the text approaches the principles of disease and disability prevention via specific health issues. Each chapter highlights the challenge of not just increasing life expectancy but also decreasing disease burden and disability in old age. The text then shifts into the whole-person implications for clinicians working with older patients, including the social and cultural considerations that are necessary for improved outcomes as Baby Boomers age and healthcare systems worldwide adjust. *Healthy Aging* is an important resource for

those working with older patients, including geriatricians, family medicine physicians, nurses, gerontologists, students, public health administrators, and all other medical professionals.

how much does a wellness coach make: Professional Coaching Susan English, OSB, EdD, MCC, Janice Manzi Sabatine, PhD, PCC, Philip Brownell, MDiv, PsyD, 2018-12-07 Incorporating a wealth of knowledge from international experts, this is an authoritative guide to provide a comprehensive overview of professional coaching. Grounded in current research, it addresses the historical, ethical, theoretical, and practice foundations of professional coaching, and examines such key therapeutic approaches as acceptance and commitment, internal family systems, psychodynamic, and interpersonal. In easily accessible language, the book discusses core considerations for effective practice such as presence, meaning-making, mindfulness, emotions, self-determination, and culture. The reference examines the variety of practice settings for the profession, including executive, life/personal, health/wellness, spiritual, team, education, and career coaching, along with critical issues such as research advances, credentialing, and training. Further contributing to coaching savvy, the book has techniques for measuring client progress, applications of adult development, intentional change theory, and more. Chapters include recommendations for further reading. Key Features: Provides a comprehensive overview of a fast-growing field Includes contributions from international experts Covers historical, professional, philosophical, and theoretical foundations as well as important applications and practice settings Includes suggestions for further reading

how much does a wellness coach make: Introduction to Kinesiology Shirl J. Hoffman, 2013 Introduction to Kinesiology: Studying Physical Activity, Fourth Edition, offers the most cohesive introduction to the field of kinesiology available, giving students a solid background in the field and preparing them for further study and course work.

how much does a wellness coach make: How to Be a Health Coach Meg Jordan, 2013-08-29 This step-by-step manual offers the essentials of health coaching methodology, along with integrative wellness principles, theoretical frameworks, evidence-based models, coaching session formats, and practice tools. Readers also learn effective mind-body techniques to become extraordinary health coaches.

how much does a wellness coach make: Body Love Every Day Kelly LeVeque, 2019-12-31 Forewords by Emmy Rossum and Jennifer Garner Ditch cravings and love your lifestyle with this body-positive approach to health and wellness In her bestselling book Body Love, Kelly LeVeque shared how the Fab Four—protein, fat, fiber, and greens—can transform your health, your body, and your relationship with food. Now, in Body Love Every Day, Kelly gives you an action plan to adopt the Fab Four lifestyle in the way that's right for you. For a tailored approach, she has created comprehensive 21-day plans for four different archetypal women: • The Girl on the Go wants a plan that's flexible enough to work with her busy schedule. Kelly shares on-the-go hacks for when you're out and about or traveling, delicious 15-minute meals, and simple strategies to stay balanced every day. • The Domestic Goddess is dedicated to building a healthy home through cooking with and using clean products. Kelly shows you how to elevate your cooking and home to healthier heights. • The Plant-Based Devotee wants to incorporate the Fab Four into her vegetarian or vegan diet. With over forty delectable plant-based recipes, Kelly gives you a plan to stay nourished and fueled while staying committed to your lifestyle. • The Red-Carpet Ready gal wants to look her best for her next big event. Rock your version of the red carpet with the same strategies Kelly uses with her A-list celebrity clients, including recipes to debloat and brighten skin, workouts to tighten and tone, and ideal eating windows to help boost results. Whether you're one of these archetypes or a combination of them, Body Love Every Day provides a plan to help you achieve natural wellness for the body, mind, and soul. You'll find recipes and nutrition information for every meal, exercise and movement for every day, stress management and energy recharge for nights and weekends, and emotional support to get you through the inevitable tough times. Whether you're looking to live healthier or drop a jean size, boost your fitness or just feel better, Body Love Every Day is your guide to success.

how much does a wellness coach make: Coaching Psychology Manual Margaret Moore,

Erika Jackson, Bob Tschannen-Moran, 2015-09-02 This second edition of the Coaching Psychology Manual helps health, wellness, lifestyle, positive psychology, and personal coaches work with clients to achieve their health, well-being, and life goals. Endorsed by the ACSM, packed with examples and scenarios, and now in vibrant full color, this comprehensive guide covers techniques and concepts for supporting clients in changing the behaviors and mindsets needed to thrive, in all areas of wellness, including fitness, nutrition, weight, mind/body, stress, and management of life issues that impact well-being.

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how much does a wellness coach make: Becoming a Professional Life Coach: Lessons from the Institute of Life Coach Training Diane S. Menendez, Patrick Williams, 2015-03-23 An updated version of the best-selling therapist-to-coach transition text. With his bestselling *Therapist As Life Coach*, Pat Williams introduced the therapeutic community to the career of life coach, and in *Becoming a Professional Life Coach* he and Diane Menendez covered all the basic principles and strategies for effective coaching. Now Williams, founder of the Institute for Life Coach Training (ILCT), and Menendez, former faculty at ILCT—both master certified coaches—bring back the book that has taught thousands of coaches over the past eight years with all-new information on coaching competencies, ethics, somatic coaching, wellness coaching, and how positive psychology and neuroscience are informing the profession today. Moving seamlessly from coaching fundamentals—listening skills, effective language, session preparation—to more advanced ideas such as helping clients to identify life purpose, recognize and combat obstacles, align values and actions, maintain a positive mind-set, and live with integrity, this new edition is one-stop-shopping for beginner and advanced coaches alike. Beginning with a brief history of the foundations of coaching and its future trajectory, *Becoming a Professional Life Coach* takes readers step-by-step through the coaching process, covering all the crucial ideas and techniques for being a successful life coach, including:

- Listening to, versus listening for, versus listening with
- Establishing a client's focus
- Giving honest feedback and observation
- Formulating first coaching conversations
- Asking powerful, eliciting questions
- Understanding human developmental issues
- Reframing a client's perspective
- Enacting change with clients
- Helping clients to identify and fulfill core values, and much, much more.

All the major skillsets for empowering and “stretching” clients are covered. By filling the pages with client exercises, worksheets, sample dialogues, and self-assessments, Williams and Menendez give readers a hands-on coaching manual to expertly guide their clients to purposeful, transformative lives. Today, with more and more therapists incorporating coaching into their practices, and the number of master certified coaches, many with niche expertise, growing every year, *Becoming a Professional Life Coach* fills a greater need than ever. By tackling the nuts and bolts of coaching, Williams and Menendez equip readers with the tools and techniques they need to make a difference in their clients' lives.

how much does a wellness coach make: *Driven by Intention: Own Your Purpose, Gain Power, and Pursue Your Passion as a Woman at Work* Michelle Gadsden-Williams, 2022-03-22 A

game-changing guide for women who want to transform the way they work and create their own success—from an award-winning global diversity expert. Ambition alone will only take you but so far. Without a plan, however, you're left with blind ambition and that won't necessarily take you where you want to go. In this groundbreaking book by diversity, workplace culture, and career building expert Michelle Gadsden-Williams, you'll discover how much more useful—and rewarding—it is to cultivate an intentional mindset. Deeply inspiring and eminently practical, *Driven by Intention* shows how intention is about so much more than simply setting goals: it's figuring out why we choose what we want to do and how we get this done in order to seamlessly execute and achieve our passions. Simply put, intention is the “secret sauce” of realizing your vision—at home, at work, or wherever you have passions worth pursuing. Gadsden-Williams combines years of professional experience with research-based insights, proven strategies, and effective exercises to provide the tools you need to get started, in chapters that include: Setting Intentions vs Setting Goals Strengthening Your Squad Defining Your Meaning by Impact Transforming Company Culture Leveraging Your Prized Assets Managing Your Financial Life Men as Allies for Female Leaders Filled with practical steps to take now and how to reimagine what comes next, *Driven by Intention* is an effective blueprint for success and the profiles of twelve highly accomplished women (and one executive chairman who is a male ally) that drive the lessons home. You'll find relatable strategies and tactics embedded in their stories—from women who had to forge their own paths, faced uncertainty or incredible odds and still managed to rise above it all, and establish uber successful careers for themselves. Women such as Mellody Hobson, president and co-CEO of the largest black-owned asset management firm, Ariel Investments; Fairygodboss co-founders Georgene Huang and Romy Newman; Sheri Salata, who had extraordinary success over more than 20 years as executive producer of *The Oprah Winfrey Show* and president of Harpo Studios; and more share how they rose to the top because they were driven by their intentions. *Driven by Intention* is a book for impact seekers who want to make a material difference at work, in the world, and in their own lives—on their own terms.

how much does a wellness coach make: Coaching for Educator Wellness: A Guide to Supporting New and Experienced Teachers (an Interactive and Comprehensive Teacher Wellness Guide for Instru Tina H. Boogren, 2021 Fully and confidently step into your role as an instructional coach with the support of *Coaching for Professional Wellness*. This instructional leadership guide offers evergreen strategies alongside fresh new solutions that will help you differentiate coaching practices for new and veteran teachers, address teacher self-care, and more. You'll turn to this resource again and again as you continue to improve your craft and help teachers find their own greatness. Increase teacher expertise and self-efficacy by providing a strong foundation of physical, institutional, emotional, and instructional support: Review research surrounding best teacher coaching practices. Explore strategies for differentiating coaching practices for teachers at every stage of their career. Study the four types of support, and learn how to match support to meet each teacher's needs during different phases of the school year. Use interactive activities, tools, and templates to help support all teachers in increasing their expertise. Consider how self-care and professional wellness for adults are foundational supports for social-emotional learning for students. Answer end-of-chapter questions to reflect on your journey and deepen your understanding. Contents: Acknowledgments Table of Contents About the Author Introduction Chapter 1: A Portrait of You, an Instructional Coach Chapter 2: Building an Effective Coaching Relationship Chapter 3: The Phases of the School Year and the Four Types of Support Chapter 4: Physical and Institutional Support for New and New-to-the-Building Teachers Chapter 5: Emotional Support and Professional Wellness for All Teachers Chapter 6: Instructional Support for All Teachers Epilogue References and Resources Index

how much does a wellness coach make: Make Money as a Life Coach: How to Become a Life Coach and Attract Your First Paying Client Melissa Ricker, Sally Miller, 2018-02-15 Have you ever wondered how to become a life coach but found yourself thinking: What if I fail or am not good enough? What kind of coaching can I do? Where should I even start? If so, you're in the right place. The authors of *Make Money as a Life Coach* get it. They know what it's like to navigate the

world of online business and coaching. After considerable learning and several wrong turns, they've both gone on to create successful coaching businesses. Now, they want to help you do the same. Because here's what nobody tells you..... becoming a life coach doesn't have to be difficult. All you need is a phone, an internet connection, and a deep desire to help people. Yes, there are a lot of steps you can take to become a life coach. But you don't have to do all (or many) of them. And you certainly don't need to do everything when you're first starting out. In this book, the authors cut through the noise and show you exactly how to:

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- * Define your marketing strategy - To attract a constant stream of your ideal clients.
- * Confidently conduct a discovery call - So that you sign your first paying clients as quickly as possible.

When you follow the steps in this book you'll not only start your business, you'll also sign your first paying client(s) in as little as 30 days. Imagine how your life will change when you're doing work that is meaningful and profitable. Work that you are uniquely designed to do. Reading this book (and taking action) will save you time, money and your sanity. You don't need to keep trying to figure this out on your own. If you're a stay-at-home mom looking to earn income doing rewarding work. Or if you simply want financial freedom and a more meaningful life. *Make Money as a Life Coach* shows you exactly how to become a life coach and attract your first paying client(s) as quickly as possible. So, what are you waiting for? Click the BUY NOW button at the top of this page and start creating your dream coaching business!

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nutrition, hydration, and training to your unique physiology so you can work with, rather than against, your female physiology. Exercise physiologist and nutrition scientist Stacy T. Sims, PhD, shows you how to be your own biohacker to achieve optimum athletic performance. Complete with goal-specific meal plans and nutrient-packed recipes to optimize body composition, ROAR contains personalized nutrition advice for all stages of training and recovery. Customizable meal plans and strengthening exercises come together in a comprehensive plan to build a rock-solid fitness foundation as you build lean muscle where you need it most, strengthen bone, and boost power and endurance. Because women's physiology changes over time, entire chapters are devoted to staying strong and active through pregnancy and menopause. No matter what your sport is—running, cycling, field sports, triathlons—this book will empower you with the nutrition and fitness knowledge you need to be in the healthiest, fittest, strongest shape of your life.

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how much does a wellness coach make: *Lifestyle Wellness Coaching* James Gavin, Madeleine Mcbrearty, 2018-11-07 Lifestyles have changed dramatically over the past quarter century. Along with these changes come exciting opportunities, including new career paths in the professional domain of health and wellness coaching. Centered on an evidence-based process for guiding change, *Lifestyle Wellness Coaching, Third Edition With Web Resource*, offers a systematic approach to helping clients achieve enduring changes in their personal health and wellness behaviors through a supportive and forward-moving coaching relationship. *Lifestyle Wellness Coaching* has been thoroughly revised and updated to keep pace with the rapidly evolving field of wellness coaching. It is complemented by discussions, case studies, reflective opportunities, and practical aids and engages readers through multiple approaches to learning: The reader is encouraged to gauge comprehension and application of the content by reflecting on personal experiences within the context of coaching. Sample dialogues offer real-world examples of coaching situations and strategies. The International Coach Federation's 11 core competencies are thoroughly examined to prepare readers for certification in the profession of coaching. A new web resource houses easy-to-use forms, plans, and assessments that professionals can use immediately with clients. *Lifestyle Wellness Coaching* examines real coaching conversations to assess key considerations, such as the types of questions to ask, how to provide feedback effectively, and how to facilitate action planning. The text presents communication strategies to motivate, guide, inform, and support clients' processes toward personal change with a holistic approach. It addresses boundaries of care and advice appropriate to coaching relationships. Other issues explored include developing a trusting relationship, creating goals that are aligned with coaching processes, unblocking clients' energy and discovering resources for change, and generating forward movement through the skillful use of the International Coach Federation's 11 core competencies. *Lifestyle Wellness Coaching* introduces readers to models that clearly identify clients' progress through the stages of change. First, the text explores the popular transtheoretical model (TTM) of health-related behavior change and its delineation of six stages of clients' readiness to change. The discussion of TTM includes strategies appropriate to clients in various stages of readiness to change. The text also presents the

learning-through-change model (LCM), revealing the deep layers beneath each phase of client movement toward change. Readers are offered a map for coaching clients toward goal achievement. The authors' unique flow model of coaching illustrates how professional coaches can help clients navigate the sometimes turbulent events of a person's life in order to change habitual patterns of behavior. The companion web resource offers a complete kit of assessment tools to help establish a strong framework for successful coaching. A welcome packet, coaching readiness index, introductory session form, and between-sessions questionnaire benefit both the professional and client in laying the groundwork. Other supplemental resources, such as a social and emotional intelligence assessment and a goal setting form, support the journey. Lifestyle Wellness Coaching, Third Edition, is the definitive resource for those seeking to embrace wellness coaching and propel clients to healthy, effective change.

how much does a wellness coach make: Winning Well Cara Cocchiarella, Camille Adana, 2021-11-10 Wellness is complex and powerful. And when wellness is maximized in the sports setting, athletes and coaches alike are set up to succeed. In *Winning Well: Maximizing Coach and Athlete Wellness*, Cara Cocchiarella and Camille Adana provide coaches and coach developers with the means to implement a more inclusive coaching environment through wellness. Each aspect of wellness is defined within the context of sports, provided along with tips for application within the sports setting. Tangible guidelines are supplemented with personal testimonies from a diverse group of athletes and coaches who highlight their experiences with wellness in coaching—or lack thereof. Self-assessments are provided as powerful tools to help coaches evaluate their own wellness, their promotion of athlete wellness, and inclusive practices. The demand for wellness and inclusion in sports is substantial, and *Winning Well* is the first practical guide to help coaches and coach developers bring wellness to the forefront of their practices. Written for coaches in all sports who work with athletes at any level, this book is an inspiring, timely, and accessible resource for those who want to move towards more effective and impactful coaching.

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