



## Looking for a Health Coach?

A Health Coach is a wellness authority and supportive mentor who motivates individuals to cultivate positive health choices. Health Coaches educate and support clients to achieve their health goals through lifestyle and behavior adjustments.

Here are ten things to look for when researching a health coach:

**1. Is the coach certified, credible and insured?**

You should be able to find some of this information on their website. For example, the school they attended. If not, be sure to ask. Some coaching programs range from 3 months to 2 years.

**2. Does your coach 'walk their talk'?**

Do they practice what they preach?

**3. Is your coach reputable?**

Look for customer testimonials in their newsletter, website or social media outlets. Do they have good reviews?

**4. Will this person help break down goals into manageable steps?**

Can they take you from A to B? What is their guarantee to you?

**5. What is their approach?**

Will they track progress, identify and help you overcome personal roadblocks? Are the sessions in person, by phone, in the evenings, on the weekends?

**6. What is the investment?**

What is included in your investment? Unlimited email support, etc.

**7. What led them to coaching?**

What is their story?

**8. What is their area of expertise/target market?**

Do they help young children, mom's, cancer patients?

**9. Do they have a free offer or way that you can sample some of their work/results or writing?**

Sign up for their newsletter. Follow them on social media to get a taste of their style.

**10. Will they create a safe and confidential environment for you to feel heard, understood and not judged?**

Working with a health coach can be a long term investment in your health and well-being. That is priceless.



[By Sheila Petersen \(Life Elemental\)](#)