



# What is a National Board Certified Health & Wellness Coach? (NBC-HWC)



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National Board Certified Health & Wellness Coaches (NBC-HWC) partner with clients looking to enhance their well-being through self-directed lasting changes, aligned with their values. In the course of their work, health & wellness coaches display unconditional positive regard for their clients and a belief in their ability to change, honoring the fact that each client is an expert on their own life while ensuring that all interactions are respectful and non-judgmental.

NBC-HWCs work in different settings. Some work on healthcare teams alongside physicians and other allied health professionals as part of an integrative approach to client care. Other coaches work in digital health, community-based programs, or entrepreneurial capacities.

NBC-HWCs train in behavior change theories, motivational strategies, and health education and promotion theories. They use these to support the client in creating and sustaining change for improved health and well-being.



**Learn more about  
NBHWC**

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