Health coaching, at its heart, is about taking personal responsibility for health and wellness. It is a shift away from the traditional medical model, where patients are treated as passive recipients of care. Instead, health coaching is a partnership between the coach and the client, where the coach helps the client to identify their goals, develop a plan, and make sustainable changes in their lifestyle. This can include everything from diet and exercise to stress management and emotional well-being. Health coaching is not just for people with serious health conditions; it’s for anyone who wants to improve their health and well-being. It’s about empowering people to take control of their health and make choices that improve their quality of life.

Dr. Ruth Q. Wolever, founder of the Vanderbilt Health Coaching Program, states, “Health coaching is the future for health care delivery.” It’s a comprehensive approach that addresses the whole person, recognizing that health is not just a matter of physical well-being, but also mental, emotional, and social health. It’s an integrative approach that uses evidence-based practices and personalized strategies to help people achieve their health goals.

At the Vanderbilt Health Coaching Program, we offer a range of programs to help people achieve their health goals, from those seeking to lose weight or manage chronic conditions to those looking to improve their overall health and well-being. Our programs are based on evidence and research and are designed to be accessible to everyone. Whether you’re looking for one-on-one coaching or a group program, we have options to fit your needs.

Healthy coaching is about taking personal responsibility for health and wellness. It’s about empowering people to take control of their health and make choices that improve their quality of life. The future for health and wellness coaching is bright, as more people recognize the value of an integrative approach to health care. With continued research and innovation, health coaching will continue to evolve and provide valuable benefits to everyone who seeks to achieve their health and well-being goals.

Resources:

- National Board for Health and Wellness Coaching (NBHWC)
- American Medical Association (AMA)
- Vanderbilt Health Coaching Program

For more information, visit us at http://healthcoaching.vanderbilt.edu