

HEALTH COACH

Entry Level: Please see “How do I become one?”

Health and wellness coaches help clients make positive and lasting changes to their health. The coach guides clients through the process of creating a vision for their health and well-being, developing a healthy mindset and healthy habits, and encouraging them every step of the way until they accomplish their goals.⁴

JOB REQUIREMENTS

What is the exact job title?

- Health Coach
- Wellness Coach

How do I become one?

- Obtain a college degree - a college degree is not a requirement for being a Health Coach, however, major health coach employers want health coaches to have undergraduate training.³
- Become certified - Most gyms and wellness centers will require certification from one of the nationally known organizations.
 - Certification programs can take 3 months - 1 year to complete, and students must pass an exam comprised of about 150 questions.³
 - Health coach certification accrediting agencies include:
 - NCAA: The National Commission for Certifying Agencies (<http://www.credentialingexcellence.org/ncca>).
 - ABHES: Accrediting Bureau of Health Education Schools (<https://www.abhes.org/>).
- Once you are certified, you need to gain work experience and maintain certification.

What qualities do I need?

- Analytical skills: Health educators collect and analyze data in order to evaluate programs and to determine the needs of the people they serve.
- Instructional skills: Health educators and community health workers should be comfortable with public speaking so that they can lead programs, teach classes, and facilitate discussion with clients and families.
- Interpersonal skills: Health educators and community health workers interact with many people from a variety of backgrounds. They must be good listeners and be culturally sensitive to respond to the needs of the people they serve.
- Problem-solving skills: Health educators and community health workers must think creatively about how to improve the health of the community through health education programs. In addition, they may need to solve problems that arise in planning programs, such as changes to their budget or resistance from the community they are serving.
- Writing skills: Health educators and community health workers develop written materials to convey health-related information. Health educators also write proposals to develop programs and apply for funding.

1<https://www.bls.gov/ooh/community-and-social-service/health-educators.htm>

2https://www.payscale.com/research/US/Job=Wellness_Coach/Hourly_Rate/608ea53c/Entry-Level

3<https://www.learnhowtobecome.org/health-coach/>

4<https://theblissfulmind.com/2017/06/07/what-is-health-coaching/>

TYPICAL WORK DAY

What do they do?

- Coaching is all about having conversations with your clients and motivating them to achieve their health goals. Health Coaches teach clients what to do and then let them go and do. Health Coaches share many skills with Life Coaching and other counseling occupations since they deal with many aspects of life, such as diet, reducing stress, quitting bad habits, and creating good ones. Health Coaches do not tell clients what to do, nor do they give medical advice, but they guide clients by helping them create a plan and checking in on their progress.²

Where do they normally work?

- Hospitals, nursing homes, schools, freestanding practices, or even from home. Coaches may travel to physically meet with clients, provide services through the internet, or through phone calls.²
- Gyms, colleges, community centers, non-profits, or private practice.¹

What hours do they work?

- This depends completely on your employer, your schedule, and your client's schedules. Generally, the hours are very flexible and you decide how many clients you take on and therefore how many hours you work.

BENEFITS

What is a typical salary in this field?

- Quick answer: \$21.81/hr or \$45,360/year nationally³ (\$55,390 in Utah⁴).
- Salary range: \$31k - \$62k nationally.²
- Long answer: Health Coach entry-level salaries vary based on the company and how many clients you take on. Generally, the more clients you have, the more money you can make.

Does this job come with any benefits? (vision, dental, 401k, PTO, etc.)

Some companies offer benefits to Health Coaches, others do not. On average, the following are common health benefits:

- Medical: 60%³
- Vision: 39%³
- Dental: 45%³
- None: 40%³

GROWTH

What is the projected job growth?

- Between 2018 - 2028, job growth is projected to be 11%.¹

Last Updated: October 2019

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