

Health Coaching Foundations

The client is the expert regarding their health coaching needs and “comes from a unique place in their thinking and their interactions with their world around them” (Arloski, 2014, p. 293).

The following series of questions support the coach as they form a foundational understanding of what the client wants and how best they can be helped:

Ask the client the following questions:

What would you like to obtain from the coaching relationship?

How can I (the coach) help you most effectively? Do you have any tips for what works well for you?

Do you have any concerns/preconceived ideas regarding coaching?

Please describe your current lifestyle?

Do you have any existing health concerns?

Are you currently on any medications?

Please describe a typical week in terms of diet and exercise?

References

- Arloski, M. (2014). *Wellness Coaching for Lasting Lifestyle Change*. Duluth, MN: Whole Person Associates.

Dr. Jeremy Sutton