
Certificate in Functional Medicine and Wellness Coaching

Foundations of Wellness Coaching

Foundations of Wellness Coaching is a key course in the Certificate in Functional Medicine and Wellness Coaching program. This course covers the fundamental concepts, principles, and practices of wellness coaching. The key terms and vocabulary related to this course are explained below.

1. **Wellness Coaching:** Wellness coaching is a client-centered, collaborative, and goal-oriented process that facilitates healthy behavior changes and promotes overall well-being. It is a holistic approach that considers the physical, mental, emotional, and spiritual aspects of a person's life.
2. **Functional Medicine:** Functional medicine is a systems-based approach to healthcare that focuses on identifying and addressing the root causes of chronic diseases. It emphasizes the importance of lifestyle factors, such as nutrition, exercise, stress management, and sleep, in preventing and managing diseases.
3. **Holistic Approach:** A holistic approach is a philosophy that considers the whole person, including their physical, mental, emotional, and spiritual aspects, in the healing and wellness process. It recognizes the interconnectedness of all aspects of a person's life and aims to restore balance and harmony.
4. **Client-Centered:** Client-centered means that the coaching process is focused on the client's needs, goals, values, and preferences. The coach listens actively, asks powerful questions, and provides feedback and support to empower the client to take action.
5. **Collaborative:** Collaborative means that the coaching process is a partnership between the coach and the client. Both work together to identify the client's goals, develop a plan, and implement strategies to achieve them.
6. **Goal-Oriented:** Goal-oriented means that the coaching process is focused on achieving specific and measurable goals. The coach helps the client to clarify their goals, develop a plan, and track their progress.
7. **Healthy Behavior Changes:** Healthy behavior changes are actions that promote physical, mental, emotional, and spiritual well-being. Examples include eating a balanced diet, exercising regularly, managing stress, and getting enough sleep.
8. **Empowerment:** Empowerment is the process of enabling the client to take control of their health and well-being. The coach empowers the client by providing them with the knowledge, skills, and resources they need to make informed decisions and take action.
9. **Active Listening:** Active listening is the process of fully concentrating on what the client is saying, without interrupting or judging. The coach listens actively to understand the client's perspective, needs, and goals.
10. **Powerful Questions:** Powerful questions are open-ended questions that stimulate reflection, exploration, and self-discovery. They help the client to clarify their thoughts, feelings, and goals, and to identify potential solutions and strategies.
11. **Feedback:** Feedback is information about the client's performance, behavior, or progress. The coach provides feedback to the client to reinforce positive behaviors, address areas for improvement, and provide encouragement and support.
12. **Accountability:** Accountability is the process of taking responsibility for one's actions and decisions. The coach holds the client accountable for their commitments and progress towards their goals.
13. **Mindfulness:** Mindfulness is the practice of paying attention to the present moment, without judgment

or distraction. It promotes self-awareness, emotional regulation, and stress reduction.

14. Self-Care: Self-care is the practice of taking care of one's physical, mental, emotional, and spiritual needs. It includes activities such as exercise, meditation, relaxation, and self-reflection.

15. Motivational Interviewing: Motivational interviewing is a client-centered counseling style that aims to elicit and strengthen the client's motivation for change. It involves exploring the client's ambivalence, highlighting the benefits of change, and developing a plan for action.

16. Strengths-Based Approach: A strengths-based approach is a coaching philosophy that focuses on the client's strengths, talents, and resources, rather than their deficits or limitations. It promotes self-efficacy, resilience, and empowerment.

17. Lifestyle Medicine: Lifestyle medicine is a branch of medicine that uses lifestyle interventions, such as nutrition, exercise, stress management, and sleep, to prevent, treat, and reverse chronic diseases.

18. Positive Psychology: Positive psychology is a branch of psychology that focuses on the positive aspects of human life, such as happiness, well-being, and flourishing. It promotes strengths-based approaches, mindfulness, and self-care.

19. Resilience: Resilience is the ability to bounce back from adversity, trauma, or stress. It involves adaptive coping strategies, self-care, and social support.

20. Social Determinants of Health: Social determinants of health are the conditions in which people are born, grow, live, work,