This course provides a foundation of Health Coaching theory and practice. We will continue to explore basic tenets of the health coaching model (a 4-pillared construct), including deep listening, effective and empathic communication, and tools for self development, as well as examining the core building blocks for optimal health from a holistic perspective. In Health Coaching, each person is recognized as an intrinsically healthy, whole, and wise being, who is the ultimate expert in his or her healing journey. It is the role of the Health Coach to provide a safe environment and professional expertise to support this journey. In this course you will learn how to facilitate the client’s process by identifying and benchmarking stages and patterns of change, effectively interfacing with a wide range of interdisciplinary health care providers, locating quality resources to assist clients in decision making, and educating clients on a variety of self-care practices.