

Wellness Coach Definition and Description

Wellness coach refers to an individual who is actively working on personal wellness and who is designated to collaborate with others to identify their personal strengths and goals within the eight dimensions of wellness (spiritual, occupational, intellectual, social, physical, environmental, financial, and emotional).

1. Education

- a) Must have a behavioral health related associates degree or two (2) years of field experience; and/or
- b) Have an active certification and/or license within the behavioral health field.
 - i. E.g. PRSS, Case Management, LBHP, CMA, LPN, etc.

2. Roles/Responsibilities

- a) Wellness coaches:
 - i. Role model wellness behaviors and actively work on personal wellness goals;
 - ii. Apply principles and processes of coaching when collaborating with others;
 - iii. Facilitate wellness groups;
 - iv. Conduct motivational interventions;
 - v. Practice motivational interviewing techniques
 - vi. Provide referrals to community resources for nutrition education, weight management, Oklahoma Tobacco Helpline, and other wellness-related services and resources;
 - vii. Create partnerships within the local community to enhance consumer access to resources that support wellness goals;
 - viii. Raise awareness of wellness initiatives through educational in-service and community training;
 - ix. Elevate the importance of wellness initiatives within the organization;
 - x. Promote a culture of wellness within the organization for both consumers and staff.
 - xi. Respect the scope of practice and do not practice outside of it, referring people to appropriate professionals as needed.

3. Credential

- a) Wellness coaches must complete the Department of Mental Health and Substance Abuse Services Wellness Coach Training Program, or similar approved training, and pass the credentialing examination with a score of 80% or better.
- b) Credential will be maintained by completing six (6) hours of continuing education units each year targeted to enhance the learner's understanding of wellness within the eight (8) dimensions of wellness outlined above. CEU requirement will begin in the calendar year following the training. The deadline for CEU's to be entered will be December 31st of each year.