



Become a **WELLNESS COACH**



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What is a Wellness Coach?

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).

Roles & Responsibilities of a Wellness Coach

- ✓ Role model wellness behaviors and actively work on personal wellness goals.
- ✓ Apply principles and processes of coaching when collaborating with others.
- ✓ Collaborate with others to identify their personal strengths and goals within the eight dimensions of wellness.
- ✓ Conduct motivational interventions.
- ✓ Facilitate wellness groups.
- ✓ Provide referrals to community resources for nutrition education, weight management, Oklahoma Tobacco Helpline, and other wellness-related services and resources.
- ✓ Create partnerships within the local community to enhance consumer access to resources that support wellness goals.
- ✓ Raise awareness of wellness initiatives through educational in-service and community training.
- ✓ Elevate the importance of wellness initiatives within the organization.
- ✓ Promote a culture of wellness within the organization for both consumers and staff.
- ✓ Respect the scope of practice and do not practice outside of it, referring people to appropriate professionals as needed.

Incentives

- ✓ Working as a Wellness Coach can be a career, a “foot in the door” to other behavioral health careers, and a supplement to certifications or licensures to those already working in the field.
- ✓ Wellness services are a Medicaid compensable service by those certified as a Wellness Coach by ODMHSAS and working for a qualified provider.
- ✓ Salary Ranges from approximately \$25,000 to \$40,000.
- ✓ A variety of Continuing Education opportunities free to credentialed Wellness Coaches offered by ODMHSAS monthly.