

Client Instructions

Participate as a Health Coaching client.

- We find that practice works best when you are not “acting,” but instead discussing an issue that is important to you.
- Do not try to “trip up” or challenge the coach; act as you really might act in this situation.
- This is a time in which you can experience the value of coaching as a client and for you to talk about your real experiences with wellness goals and concerns.

After the session, reflect on what the coach did well and what the coach could have done better.

Did you learn anything new about yourself?



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