

8 CHARACTERISTICS OF EFFECTIVE WORKSITE WELLNESS COACHES



1 Ability to Connect with Others



2 Empathy



3 Ability to Establish Trust



4 Ability to Help People Discover Change, and Transformation



5 A Desire for Problem Solving



6 Ability to Create a Positive Emotional Experience



7 Organizational Awareness



8 Belief That the Coach has the Questions and the Client has the Answers

“With a good coach, the journey of change is engaging, even fun, more like an adventure than hard work.”

- MARGARET MOORE