**KINS 2105 Principles of Health Coaching** - The field of Health Coach offers a truly exciting and rewarding opportunity for individuals who are passionate about health and wellness to actively collaborate with clients and patients, assisting them in unlocking their full potential to live healthy lifestyles.

*Definition of Health Coach* – professionals from diverse backgrounds and education who work with individuals and groups in a client-centered process to facilitate and empower people to achieve self-determined goals related to health and wellness. Health coaches are uniquely poised to serve as guides for sustainable change, due to their knowledge and skills in helping individuals to preserve and restore their health and those seeking to enhance overall wellness.