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Careers as a Wellness Coach

Now a trillion-dollar industry, wellness is related to emotions and environment, finances and occupation, mind and body, social and spiritual, all of which come together to create an overall picture of well-being, or sometimes lack thereof.

Wellness coaches work with individuals to bring all of these factors into harmony, helping their clients create better lives from the inside out. Wellness involves turning fragmented pieces into a happy whole.

In particular, wellness coaches can focus on values, environments, skills, practices and more that help their clients find the balance and fulfillment they’re seeking. Through their work with others, wellness coaches promote optimal health, motivate their clients to take charge of their health and wellness, work with medical and psychiatric professions to help people heal, combine coaching with weight-loss, stress-management or other goal-seeking programs, and integrate fitness and nutrition into their overall wellness coaching.

In a nutshell, wellness coaches work to help their clients feel better, look better, think better, move better, act and react better, and do better. Wellness truly is all about a better quality of life, which is why wellness coaching offers a terrific career opportunity for those passionate about healthy living.

Wellness coaches bring together the best of life coaching, fitness coaching, green living, sound nutrition, exercise and stress management to help others. They can do so in a home or office-based practice, work with clients one-on-one or in small groups, offer wellness coaching workshops or programs through health clubs, gyms and spas, or provide seminars in person or online on various wellness-related topics.

Other career opportunities for wellness coaches include TV and radio shows and appearances, books and ebooks, operating a wellness center and even becoming a
celebrity wellness coach. Wellness coaching is a versatile career that allows for a lot of flexibility, creativity and personalization; you can create your wellness coaching business from the beach, if you choose.

Most wellness coaching certifications are valid for a certain time and some entail prerequisites, so it’s important to do some research ahead of time to find the right certification program.

To learn more about becoming a wellness coach and using a wellness coaching certification to expand your career opportunities, you can visit the Spencer Institute’s online Wellness Coach training program at http://spencerinstitute.com/wellness-coach-certification-program/.
Careers as a Life Strategies Coach

Life and strategy are two big words. Two words and two concepts that many people struggle with.

And that’s where a life strategies coach comes in.

A certified life strategies coach can help people tackle relationship issues, personal growth, future planning and more to create a holistic, healthy and happy picture. Life strategies coaches help their clients ask and answer both the big and small questions in their lives with greater ease.

Helping clients be more productive and more adept at handling life challenges, life strategies coaches can enjoy flexible scheduling and hours by creating their own practice, either online or in an office, spa, home or other location.

In addition, a life strategies coach can work as part of a coaching and wellness team, offer seminars and classes, create online podcasts and newsletters, write ebooks on the latest and hottest topics, offer individual or group coaching, and more, all while helping people reach their goals and live the lives they’ve only dreamed of previously. It’s all about learning, implementing and sharing these simple but profound formulas for greater success.

Likewise, as a life strategies coach, you can specialize in particular issues (career happiness or successful relationships, for example) or focus on broader strokes, depending on your areas of interest.

A life strategies coaching certification will train you to become a better listener, to evoke excellence in others, to make grounded, behavior-based assessments, to move people into effective action, to identify motivational strategies that work quickly, to gracefully move a client into personal freedom and better choices, and more.
“Learning life coaching at the Spencer Institute has been a great way for me to increase my business base. I really liked that I could work full time while learning life coaching on my own time schedule,” said life coach Jeanne Asma of Poughkeepsie, N.Y. “Not only do I now have coaching clients, but I also attract more psychotherapy clients who choose me because I can do coaching in addition to psychotherapy.”

To learn more about an online life strategies coaching certification and training through the Spencer Institute, you can visit http://spencerinstitute.com/life-strategies-coach-certification/
Careers as a Corporate Wellness Coach

More than 50 percent of U.S. companies now operate corporate wellness programs, serving to create better places to work while also reporting significant savings. In fact, corporate wellness programs can save companies more than $10 for every dollar spent, which is a noteworthy as many businesses continue to look for ways to reduce expenses.

As more and more companies recognize the importance of wellness in the workplace, the demand for certified corporate wellness coaches continues to grow. Certified corporate wellness coaches can work for one company or for a variety of companies, helping to create and implement programs, train others and develop a corporate culture of wellness.

Within a business, a corporate wellness coach might develop or manage a wellness program, work with human resources or other related departments, help individuals prepare and evaluate their health and wellness goals, create various contests and incentives, identify the needs of employers and employees, evaluate wellness programs, and promote wellness to reduce costs and improve morale.

Specific jobs in this field can include:

- Corporate wellness manager
- Fitness manager
- Community health promoter
- Corporate health fair coordinator
- Consultant or coach
- Web-based entrepreneur
- Writer
- Trainer
• Activity director for a corporation
• And more

Your work as a corporate wellness coach will benefit both companies and individuals, which is pretty rewarding at the end of the day.

If you are interested in getting certified to work as a corporate wellness coach, you can visit The Spencer Institute, which offers an online certification program at http://spencerinstitute.com/corporate-wellness-coach-certification/
Careers as a Lifestyle Fitness Coach

If you have a passion for life coaching as well as a passion for fitness, a career as a lifestyle fitness coach marries the two in an ideal match.

The next revolution in the fitness industry, lifestyle fitness coaching is a holistic career choice that combines counseling and health, which together can help clients achieve their overall wellness goals. Lifestyle coaches are part counselor, part coach, part trainer and 100 percent motivator.

Lifestyle fitness coaches work to motivate clients and make them accountable for a healthy lifestyle. Lifestyle fitness coaches are responsible for uncovering clients’ motivational strategies, building rapport, creating meaningful dialogue, and using questionnaires to determine likes and dislikes as well as immediate, intermediate and long-term goals.

A lifestyle fitness coach can work successfully one-on-one with clients or in small groups. This career option can work great for individuals who prefer to run an online business or a flexible home-based business while lifestyle fitness coaches can also meet with clients in gyms and spas, coach local athletes and sports teams, and serve as part a team at a health or wellness centers.

Further, certified lifestyle fitness coaches can be personal trainers who provide value-added life coaching during training sessions, professionals who provide online or phone coaching, authors, speakers and more. Lifestyle fitness coaching can be a natural and ideal addition to many wellness-focused career paths.

As the fitness and self-help industries both continue to grow, so will the demand for trained lifestyle fitness coaches who are interested in helping others surmount their various challenges, understand their key motivations, achieve their wellness and life
goals, and live their best lives. A lifestyle fitness coach can help to change lives for the better.

The Spencer Institute offers a unique online certification and training program dedicated to lifestyle fitness coaching at http://spencerinstitute.com/lifestyle-fitness-coach-certification//
Careers as a Personal Fitness Chef

Are you addicted to cooking shows?

To healthy eating?

To posting recipes on Pinterest or Facebook or telling your friends about the amazing breakfast smoothies you make?

If so, a career as a personal fitness chef might just be your calling. Personal fitness chefs offer health-conscious clients a great solution for better eating and better living. Whether you are a chef/cook interested in serving clients who want to lose weight or eat better, a personal trainer looking for career diversity, or a nutrition coach looking to combine coaching, food and healthy living into one successful career, this fun, flexible career option has limitless possibilities.

As a certified personal fitness chef, you can:

- Prepare meals or meal plans for individuals, families, groups and/or special events
- Provide online training via podcasts or your own local cooking show
- Write cookbooks with the latest and greatest healthy recipes
- Focus on specific diet plans (paleo, vegan, low-sugar, high-protein, gluten-free, etc.)
- Expand your personal training or other fitness business with nutrition and food coaching and/or preparation
- Teach healthy cooking classes or seminars
- Enhance your business as a dietician, weight loss counselor, life coach, nurse or other wellness professional
- And more
It’s all about creating food that tastes great and that helps people look and feel great, which is a pretty great career path. As a personal fitness chef, it’s important to complete a certification so that you understand how to create healthy menus, make healthy food that tastes good, prepare and package food, manage scheduling, work well in other people’s homes and kitchens, comply with local laws and safety regulations, and offer successful cooking classes for profit.

Careers as a Mind Body Fitness Coach

Most people today recognize that the mind influences the body and the body influences the mind.

If you’re running a marathon and want to give up on mile 22, it is both the mind and the body that will take you to the finish line. If you’re hoping to complete an online master’s degree before you turn 25, you will need a strong mind and body to follow through on your goal. In truth, a strong body and mind will help you financially, professionally, personally, spiritually, emotionally – you name it.

When the mind and body are both strong, calm and clear, you can achieve almost anything. And that’s where mind body fitness coaches come in.

A mind body fitness coach certification is ideal for fitness professionals, massage therapists, Reiki practitioners, life coaches, physical therapists, hypnotherapists, gym owners, fitness counselors and anyone else who is interested in helping others enjoy greater mind-body wellness. It can be a great addition to any related career or a fascinating career on its own.

In essence, mind body fitness coaches work with clients to help them harness the dual powers of their mind and body to create overall fitness, health and happiness. This coaching can be delivered in person, online, over the phone, one-on-one, in small or large groups, via ebook or book, newsletter or news conference.

Mind body fitness coaches can work with athletes preparing for a big event, teens looking to overcome self-confidence issues, yoga students hoping to enhance their practice or add more meditation, adults stuck in careers that aren’t meeting their goals or expectations, individuals looking to lose weight, various special populations and more.
Because the mind and body are so important to daily life, overall effectiveness and success, this rewarding career can be used in a variety of ways, offering flexibility and fulfillment. A job as a mind body fitness coach can be lucrative and satisfying in a variety of ways.

Anyone interested in becoming a Mind Body Fitness Coach can learn more about the Spencer Institute’s online certification program at http://spencerinstitute.com/mind-body-fitness-coach-certification/
Careers as a Sports Psychology Coach

Sports psychology coaches help ensure that athletes don’t choke in the big moment, that runners are ready for their races and teams are ready for their next competition.

Sports psychology is simply the scientific study of people and their behaviors in sports as well as the practical application of that study. Sport psychology coaches help people of all abilities increase their sports and fitness performance while enhancing the overall enjoyment of physical activity.

Whether they are performed for leisure or competition, sports aren’t just speed and strength. Rather, a lot of mental discipline and psychology goes into racing, winning, losing and competing. Sports psychology helps coaches understand how psychological factors impact clients’ performance and how participation in sports and fitness can influence psychological development and overall well-being. In turn, sports psychology coaches can help their athletes increase performance by managing emotions, expectations and outcomes.

Because psychology is such an intrinsic part of sports and fitness today, sports psychology coaches can enjoy varied, interesting, challenging and rewarding work in this field.

Individuals trained as a sports psychology coach can:

• Train amateur up to professional athletes in all disciplines and sports
• Specialize in various areas (triathlons, baseball, kids coaching, college coaching, etc.)
• Offer seminars or create podcasts on using sports psychology to get and stay ahead
• Write ebooks/books on various sports psychology topics
• Work with individuals or teams
• Enhance another career in fitness or psychology with this unique focus
• Coach team or individual sports with a focus on the mental aspect of the game

A sports psychology certification program will offer lessons on achievement motivation and orientation, developing affirmations, performance analysis, managing anxiety, explaining success and failure, self-projection, behavior modification, developing a successful business and more.

The Spencer Institutes offers an online certification for sports psychology coaching that is valid for two years; for more information, please visit

http://spencerinstitute.com/sports-psychology-coach-certification/
Careers as a Sports Hypnosis Coach

If sports are least 90 percent mental, then why do most athletes spend at least 90 percent of their time working on the physical?

That’s a question more professionals are learning how to answer.

To help link the mental and physical when it comes to sports success, sports hypnosis coaches and trainers can offer the tools clients need to achieve their goals by combining mental focus, training and conditioning.

Unlike some common misconceptions, hypnosis is actually a relaxed and awake state where the individual is in control, aware and able to clearly follow instructions, making sports hypnosis a natural fit with training.

Who should work as a sports hypnotist? This is a terrific option for coaches of all levels and disciplines, personal trainers, strength coaches, hypnotherapists, life coaches, mind body fitness coaches, psychologists, fitness instructors, physical and athletic trainers, athletes and anyone else who is interested in the intersection of sports and hypnosis. A sports hypnosis certification can help trainers or coaches give their athletes an edge in any competition.

Working as a sports hypnosis coach, you can share tips on successful internal dialogue, language patterns and mental conditioning techniques with clients interested in achieving peak performance. Anyone working in this field can help clients with areas of self-improvement such as weight loss, concentration, creativity and so on, issues such as procrastination or assertiveness as well as health issues, including insomnia, anger, depression, phobias and more.

Sports hypnotists can offer seminars and webinars, classes at gyms or spas, individual or small group training, or simply add this aspect to their current work as a fitness
instructor, personal trainer or coach. Likewise, you can write ebooks on harnessing the mind to help the body or use sports hypnotism techniques to perform better when it counts.

The Spencer Institute offers an online certification program for sports hypnotists that is valid for two years; details and registration are available at http://spencerinstitute.com/sports-hypnosis-certification/
Careers as a Green Living Coach

Green isn’t just for St. Patrick’s Day anymore.

In fact, green might be the color of the year and even the decade as more people focus on green products, green efforts and green living to support the environment, reduce household toxins, and create a better place to live, work and breathe in.

To help more people live greener, brighter, cleaner lives, green living coaches can help their clients learn how to go green affordably, create sustainable changes, improve the health and quality of any living or working space, and reduce energy consumption and costs. Healthy living involves making conscious choices about what to bring into and what to take out of homes and offices.

Since 42 percent of Americans are willing to spend more for products branded as organic, environmentally friendly or fair trade and 73 percent consider it important that companies have good environmental records, according to a Boston Consulting Group study, green living coaches have a variety of outreach opportunities to help individuals and businesses recognize that healthy practices go beyond diet and exercise to include recycling, reducing energy consumption and the carbon footprint, implementing eco-design and manufacturing, using the safest products and more.

A green living coaching certification can be the perfect complement to a career as a life coach, nurse, holistic health practitioner, public health educator or environmental worker. Likewise, green living coaches can help individuals or workplaces improve their environmental practices; they have the flexibility of working online, over the phone or in person to help others make green changes for the good.

This cutting-edge career path involves a wealth of opportunities for delivering seminars and webinars, consulting one-one-one or with a consortium of businesses, creating instructional materials for sale including CDs, online courses and ebooks, giving talks and presentations at green living expos and conferences, creating a line of linked green...
products for sale, training a team of green living coaches and experts, and many, many more.

As more people and businesses share their commitment to green living, more green living coaches have a chance to make a real imprint and impact on the world.

If you are interested in an online green living coach certification program, you can visit The Spencer Institute at http://spencerinstitute.com/green-living-coach-certification/ for more information.
Careers as a Holistic Life Coach

A holistic life is one focused on the whole, rather than just the parts. It’s about balance and harmony, bringing everything together for the good.

Holistic life coaches, then, help their clients find that wholeness, that balance, that fullness in their lives. A certified holistic life coach acknowledges that healthy living entails a careful examination of the whole person, the whole situation and the whole perspective. As more people recognize how good wholeness feels, the demand for trained holistic life coaches will continue to grow.

A certified holistic life coach can:

- Enhance a current career as a yoga/meditation teacher or other fitness-based work
- Create an online wellness business
- Launch a home-based coaching business
- Work in a group coaching environment
- Write and sell books and ebooks on holistic life coaching topics
- Use this certification to enhance another alternative health/lifestyle job or business
- Offer coaching for individuals who struggle with lack of sleep, excess weight, depleted energy and other malaises
- Create weekly or monthly podcasts on holistic life coaching topics
- Deliver seminars and presentations at conferences and/or local businesses
- Work with teens preparing for college
- Offer holistic life coaching services through a health club, gym, spa, school or community ed program
• Provide seasonal holistic life coaching programs (including those focused on seasonal health and wellness), allowing the flexibility for more vacation and travel time

Holistic life coaches focuses on the balance of the mind, body and spirit, which can boost wellness, brain power, energy and happiness, making holistic life coaching a very rewarding career opportunity.

To help train more holistic life coaches, the Spencer Institute offers a 100 percent online Holistic Life Coach certification at http://spencerinstitute.com/holistic-life-coach-certification/.
Careers as a Stress Management Coach

A little stress can create motivation, action and inspiration.

Excess stress, on the other hand, can lead to frustration, dissatisfaction, panic and a host of serious diseases. Unfortunately, a full one-third of Americans say that they are currently living with extreme stress, chiefly due to job pressure, money issues, health challenges, relationship issues, poor nutrition, media overload and sleep deprivation, according to the American Psychological Association’s American Institute of Stress in New York.

With more kids and teens reporting signs of excess stress as well as the massive increases in stress-related workers compensation claims and the recognition that stress can contribute to heart disease, high blood pressure and other serious ailments, learning to manage stress is clearly important. Stress management can include breathing techniques and meditation, relaxation, visualization and awareness, exercise and more, all designed to provide greater control and contentment. Stress management coaches can offer these services to help their clients breathe a little easier.

A stress management coach can help individuals reduce and respond appropriately to stressors (both the good ones and bad ones), and a stress management coach certification is ideal for current life coaches, teachers, and fitness and wellness professionals who are interested in expanding their knowledge and business skills in a growing field.

Stress management coaches can help others while also making a living working from home. They can also offer group training, seminars and workshops as well as combine stress management coaching with existing skills. Further, stress management coaches can link this valuable certification to work in the fitness, counseling, nutrition and wellness industries.
A trained stress management coach can work with sports teams, deliver inspiring presentations, create ongoing webinars, write monthly newsletters, consult at local workplaces, offer stress management and massage packages, and help individuals look, feel and live better.

The Spencer Institute offers a 100 percent online stress management coaching certification program that includes both coaching and business skills related to stress management, available at http://spencerinstitute.com/stress-management-coach-certification/
Careers as a Design Psychology Coach

What do design and psychology have to do with one another?

You might be surprised to learn that the two are inextricably linked.

Design psychology focuses on being intentional in the creation of any space using simple and effective design principles. It recognizes that the places we live, work and play have meaning beyond four walls and some furniture, which they, in fact, contribute importantly to our overall health and happiness. Even simply shifts in design can create profound shifts in mood and happiness.

To that end, a design psychology coaching certification incorporates life coaching, interior design and environmental psychology into one amazing career opportunity. If you currently work in coaching, psychology, feng shui or design and have a passion for turning homes into havens, then a design psychology certification offers a terrific opportunity for career advancement. You will learn how to change lives through the power of design.

A design psychology pro can:

- Offer consulting to individuals and businesses interested in making their spaces more meaningful, intentional and effective
- Provide insight to commercial projects, including resorts and hotels, restaurants, hospitals, shopping centers, office complexes and salons, to help them increase business and employee morale
- Deliver presentations and seminars on making design more intentional and increasing productivity
- Offer design psychology coaching in addition to a current life coaching practice
- Create informational materials including ebooks, articles, websites and newsletters
• Become an expert in a specific branch of design psychology, such as color or light therapy, budgeting and design psychology, bringing the natural world inside and more
• Work with special populations, such as seniors or expecting moms, to offer design psychology services

If you are interested in becoming certified in Design Psychology, you can visit [http://spencerinstitute.com/design-psychology-coach-certification/](http://spencerinstitute.com/design-psychology-coach-certification/) for more details. You can also research design psychology camps to learn the latest and greatest on this growing field of interest.
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