



EAC Coach Network

EAC Coach Credentials

- All coaches have completed the Wellcoaches wellness coach training/certification program endorsed by the American College of Sports Medicine (must exceed 80% score to pass) and grounded in evidence-based coaching psychology
- EAC coaches are elite coaches selected from pool of 1,000 wellness coaches nationwide
- Annual requirements for coaching hours, mentor coaching, coach training (including *relational flow* training to enable powerful coaching conversations, *positive psychology* to support mental health improvements), and personal wellness planning (to walk the walk)
- Specialty credentials (see list below) alongside coach certifications
- Use a standardized, web-supported coaching methodology
- Supported by board of advisors, including American College of Sports Medicine experts

Coach Specialties

- Exercise physiologists, personal trainers, athletic trainers
- Physical therapists, occupational therapists
- Dietitians
- Psychotherapists (Masters or PhD level)
- Nurses, nurse practitioners, physician assistants
- Physicians (MDs, DOs, psychiatrists)

*To climb steep hills
requires a slow pace at
first.*

Shakespeare

wellcoaches®



Coaching Topics

- Overall health and well-being
- Energy and/or productivity
- Regular physical activity
- Physical injury management
- Stress management
- Healthy eating habits
- Healthy sleep habits
- Weight management
- Depression or anxiety management
- Medical condition(s) management or reduce need for medication
- Work issues
- Family or relationship issues
- Financial issues
- Alcohol or drug issues
- Quit or reduce smoking