



How to Incorporate Wellness Coaching Into Your Therapeutic Practice: A Handbook for Therapists and Counsellors

Laurel Alexander

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Wellness coaching is an emerging and vibrant area of healthcare. It takes healing beyond the curing of symptoms and empowers clients to take their health back into their own hands. This book provides therapists with the knowledge and skills to rejuvenate and modernise their therapeutic practice by incorporating wellness coaching techniques into their range of services. Laurel Alexander redefines wellness as an integrated lifestyle and mindset process and shows that wellness coaching can be a profound and practical way to help clients make meaningful changes to their health. The book offers a wellness coaching toolbox, explaining key skills such as how to create an organic personal wellness plan, how to build client rapport, and how to apply different coaching models effectively to guide each client towards better health and wellbeing. With shrewd advice and useful insights, this book is an essential resource for complementary therapists and counsellors looking to update their existing practice and tap into the rapidly expanding wellness market.

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