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# Wellness Coach Training Institute



## **Wellness Coaching News**

### Educating, Certifying, and Supporting Quality Wellness Coaches

#### Live On-Location

#### "Wellness & Health Coach" **Certification Intensives**

32 hours of live wellness coach training with CE's available for nurses, health educators, and ACSM. ICF core coach credit applied for.



San Diego, CA September 21st - 24th ! Enjoy the Gas Lamp District of San Diego and become a Certified Wellness Coach!

For More Information or to Register Click Here!



Self-awareness may be the best antidote to collusion.

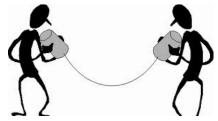
Whenever I'm training wellness coaches and use the term "collusion" a definition is required. The term can have a variety of meanings and a search done on

"coaching and collusion" will yield an array of articles that seem to add to the confusion. While murder mysteries love to portray collusion as two of the bad guys conspiring to evil ends, the collusion we're talking about in coaching is more subconscious, more unintended, than conscious or deliberate.

Collusion occurs when a coach somehow merges with their client's view of themselves and the world instead of helping their client explore it. Let's examine what appearance collusion takes on, what results from it, what can be motivating it in the coach, and most importantly, how to avoid it.

#### **Appearance: What Collusion Looks Like**

While coaching is a clientcentered process the colluding coach may allow the client to meander rather than explore. The client's wanderings may not be productive or hold



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