



Uplift

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of Health & Wellness Coaching

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Becoming an NBC-HWC: A Reflective Chronicle

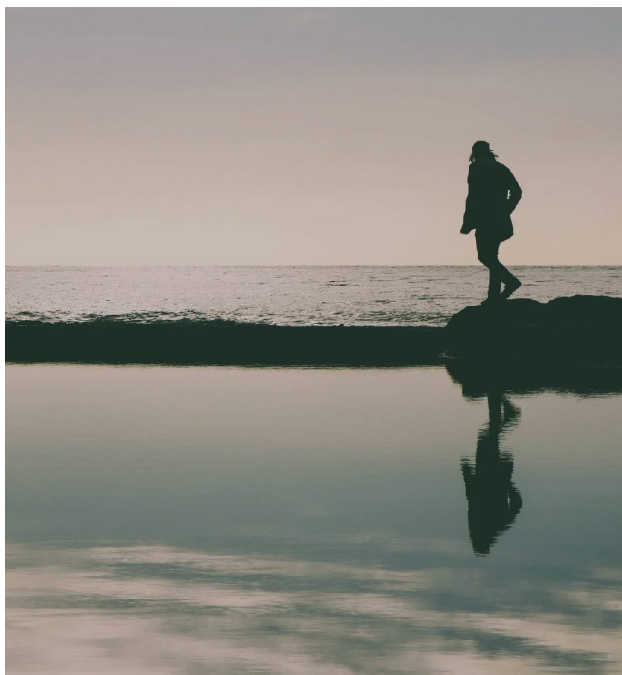
Lillian Simon, BSN, RN, NBC-HWC

One day, as I was driving to run errands, I listened to a health coaching podcast and heard about the National Board of Health and Wellness Coaching (NBHWC). Intrigued, I wondered what this organization was about. At that time, I was studying to become a certified health coach through the American Council on Exercise (ACE). As I continued to listen to the podcast, I had more questions than answers. Once I got home, I researched to find out more about the NBHWC.

The NBHWC provides training, certification, and professional standards for health and wellness coaches. To become certified by their organization, one had to attend a board-approved training program and pass their board certification exam. On their website, it lists all the approved training programs. I quickly searched to see if any of the Adventist universities were listed and found two: Loma Linda University and Southern Adventist University (1).

At that time, Loma Linda University's program would take two years to complete and was integrated into their Master's in Public Health program. The length of time and the financial commitment weren't appealing to me. Southern's program, on the other hand, took only one class over one semester and was part of the nursing department. But you didn't have to be enrolled in their nursing program; it was open to anyone from any discipline. This immediately appealed to me and was financially doable. However, I wasn't convinced yet that I needed this certification...

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Unexpected Detour to NBHWC Certification

Angela Gibson, NBC-HWC, NCTTP

Do you remember asking or being asked, “What do you want to be when you grow up?” Certainly, health and wellness coaching was not a consideration among the usual teacher, nurse, or administrative assistant options. Maybe a sports coach was a possibility, but it was not in my area of interest. Cancer registrar was not on my radar either. It’s interesting how I have worked in such unique fields. Although health and wellness coaching, or at least coaching, has been around for decades, and is becoming increasingly well-known.

I worked as a cancer registrar for over 18 years and wanted a change. But what? While working at Mayo Clinic, I would take my lunch break and dream about a different role. Maybe there was a job that would allow more interaction with others or one that would include creative encouragement...

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Journey to Board Certification: An Overview

Kimberly Peters, BS, NBC-HWC

I don’t recall when I first started learning about health coaching as a profession, but I was intrigued. It did not take long for me to realize that this was the field God was leading me into.

The first health coaching course I found was about two weeks long. Although there was still a lot for me to learn, I felt uncomfortable with the course’s length and its promises to make me a certified health coach in such a short time. As I continued researching, I learned about a few credentialing bodies (with different focuses according to the coaching type), but I quickly selected the National Board for Health and Wellness Coaching (NBHWC) because of its health focus.

The NBHWC lists its approved programs and schools on its website, which made my search easier (1). Looking through different curricula helped me learn even more about the profession and what to expect from different programs. I was excited to see Loma Linda University listed, but I quickly realized that their program wouldn’t work for me (at the time, Southern Adventist University was not yet listed, but now it is)...

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