



# Uplift

The newsletter of the Adventist Association  
of Health & Wellness Coaching

November 2025, Vol 10

[AdventistCoaching.org](http://AdventistCoaching.org)

## Interview with Ashley Riesenberger, a Longevity Coach

Angela Gibson, NBC-HWC, NCTTP

A few years ago, I had the privilege of becoming acquainted with Ashley Riesenberger while we attended the same church. Even then, she was a natural leader, especially in music. She often led congregational singing as a chorister or shared special music, blessing us with the Lord's gift of her beautiful soprano voice.

In addition to music, Ashley was also actively engaged in health ministry. As time went on, I learned that we had a mutual interest in health and wellness coaching and were even in the process of training and practicing these newly acquired skills. Today, Ashley continues to lead in a coaching chorus of active listening, engaging questions, and motivational interviewing to inspire lasting change in others.

**Tell me about your journey in becoming a health coach. What motivated you to become a health coach?**

I didn't set out to pursue health and wellness coaching—it was something that unfolded along my journey. My academic path began in music. Before college...

[Click here](#) or scan QR code to continue reading online.

## Interview with Nutrition Coach, Khieanne Dawson

Kimberly Peters, BS, NBC-HWC



Every day, health coaches support their clients and patients in making lasting life changes. I had the pleasure of interviewing one such health coach who has been coaching since 2019. Meet Khieanne Dawson from New York. Read about her life experiences and how faith fuels her role as the health coach she is today.

**What motivated you to become a health coach?**

Over 34 years ago, at the age of 12, I was diagnosed with rheumatic fever, which involved a heart murmur and edema in my arms and legs. My doctor told me that I had to take monthly penicillin shots for the rest of my life...

[Click here](#) or scan QR code to continue reading online.



# Interview with an ICF Coach: Ginger Edgcombe Dorsey

Lillian Simon, BSN, RN, NBC-HWC

I recently interviewed Ginger Edgcombe Dorsey, PhD, CHES, ACC, who is a current member of the Adventist Association of Health & Wellness Coaching. Her educational background includes having a PhD in Public Health and being a Certified Health Education Specialist. She lives in Maryland with her husband of 25 years and attends the Pisgah SDA Church.

Unlike other coaches we've recently interviewed, Coach Ginger obtained her coaching credential through the International Coaching Federation (ICF). She is currently an Associate Certified Coach (ACC) with plans to become a Master Certified Coach, which is the highest designation within ICF. Let's find out more about her!

## **How long have you been a member of AAHWC?**

I feel like it's probably going on closer to maybe six to seven years now.

## **So, it sounds like you're one of the charter members – one of the first 100 people to join the organization.**

Yes, that's probably correct to say.

## **Tell me a little bit about your journey in becoming a health coach.**

To start with, I attended the NAD Health Summit, where I was introduced to health coaching. Then my job offered coaching. They wound up offering a pilot program for Internal Coaches. So, I jumped at the opportunity.

At that point, I felt I was ready to dive into coaching. The type of coaching that we were trained in is called Integral Coaching, which is more wholistic in nature overall, and it really is looking at the whole entire individual.

As we are coaching, individuals may present [with] one thing; oftentimes, you find that there are many other things that are going on in their lives. Because again, we're looking at the whole person.

And so that's kind of been my overall introduction into coaching. In terms of where health coaching is concerned, I've had an opportunity to participate in several of the Pathway to Health mega health clinics and served as a health coach during those clinics.

...

*[Click here](#) or scan QR code to continue reading online.*



North American Division  
of Seventh-day Adventists

