

# National Board Certified Health and Wellness Coach (NBC-HWC) Practice Exam (Sample)

## Study Guide



**Everything you need from our exam experts!**

**Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.**

**ALL RIGHTS RESERVED.**

**No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.**

**Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.**

**SAMPLE**

# Table of Contents

<b>Copyright</b> .....	<b>1</b>
<b>Table of Contents</b> .....	<b>2</b>
<b>Introduction</b> .....	<b>3</b>
<b>How to Use This Guide</b> .....	<b>4</b>
<b>Questions</b> .....	<b>5</b>
<b>Answers</b> .....	<b>8</b>
<b>Explanations</b> .....	<b>10</b>
<b>Next Steps</b> .....	<b>16</b>

SAMPLE

# Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

**Remember:** successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

# How to Use This Guide

**This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:**

## **1. Start with a Diagnostic Review**

**Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.**

## **2. Study in Short, Focused Sessions**

**Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.**

## **3. Learn from the Explanations**

**After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.**

## **4. Track Your Progress**

**Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.**

## **5. Simulate the Real Exam**

**Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.**

## **6. Repeat and Review**

**Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.**

**There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!**

## Questions

SAMPLE

- 1. Which set correctly identifies the four tasks that organize Motivational Interviewing conversations?**
  - A. Engaging, Focusing, Evoking, and Planning**
  - B. Sustain Talk, Change Talk, Ambivalence Talk, Resistance Talk**
  - C. Guiding Style, Directing Style, Coaching Style, Facilitating Style**
  - D. SMART Goal, Growth Mindset, Self-Efficacy, SDT**
  
- 2. How is coaching best described regarding focus?**
  - A. There is therapy.**
  - B. Coaching should diagnose when needed.**
  - C. Coaching prescribes medications.**
  - D. Coaching is forward-focused and rooted in client autonomy.**
  
- 3. Which statement describes a 'verdict on identity' such as 'I'm not the kind of person who...'?**
  - A. Response to setback (Fixed Mindset)**
  - B. Change Talk vs Sustain Talk**
  - C. Exam trap**
  - D. Growth Mindset**
  
- 4. Which term describes addressing client fears about the end of sessions and planning for future setbacks?**
  - A. Closure work in coaching**
  - B. Common onboarding mistake**
  - C. Coaching vs therapy**
  - D. Identifiers and boundaries**
  
- 5. What term describes the principle that information shared during coaching remains confidential, except for narrowly defined exceptions disclosed upfront?**
  - A. Confidentiality**
  - B. Privacy**
  - C. Boundaries**
  - D. Trust**

- 6. Which statement best describes the purpose of the initial onboarding discussion about format and pricing?**
- A. To pressure the client into committing quickly.**
  - B. To ensure alignment with the client's schedule only.**
  - C. To establish clear expectations about format and pricing and how the discovery session will proceed.**
  - D. To collect marketing consent.**
- 7. Which statement about SMART goals is true?**
- A. They encourage flexible adaptation.**
  - B. They operationalize goal-setting but can flatten meaning if used mechanically.**
  - C. They require no criteria for measuring progress.**
  - D. They prescribe rigid, unchangeable actions.**
- 8. Which token represents 'Affirm worth independent of behavior'?**
- A. U**
  - B. A**
  - C. Regard**
  - D. T**
- 9. Which is NOT a standard stage in the Transtheoretical Model?**
- A. Precontemplation**
  - B. Contemplation**
  - C. Learning**
  - D. Preparation**
- 10. When a client experiences relapse, which approach is recommended?**
- A. Offer several unsolicited resources.**
  - B. Forbid participation in communities.**
  - C. Ask whether the client would like recommendations—articles, communities, referrals.**
  - D. Immediately re-engage with a new coaching contract.**

## Answers

SAMPLE

1. A
2. D
3. A
4. A
5. A
6. C
7. B
8. B
9. C
10. C

SAMPLE

## **Explanations**

SAMPLE

**1. Which set correctly identifies the four tasks that organize Motivational Interviewing conversations?**

**A. Engaging, Focusing, Evoking, and Planning**

**B. Sustain Talk, Change Talk, Ambivalence Talk, Resistance Talk**

**C. Guiding Style, Directing Style, Coaching Style, Facilitating Style**

**D. SMART Goal, Growth Mindset, Self-Efficacy, SDT**

The four tasks organizing Motivational Interviewing conversations are Engaging, Focusing, Evoking, and Planning. Engaging establishes a collaborative relationship and trust between coach and client, creating a safe space for open dialogue. Focusing helps steer the conversation to a shared target, clarifying the behavior or change area and aligning on goals. Evoking seeks to draw out the client's own reasons for change, exploring their motivations, concerns, and confidence to change. Planning moves from motivation to action, outlining concrete steps, goals, and a realistic plan, including potential barriers and ways to follow up. Other options describe things that can occur within MI or relate to motivation more broadly but do not represent the four-task framework that structures the conversation. For example, what the client says—change talk or sustain talk—are types of talk that can appear during MI, not the organizing tasks. Styles describe the overall approach to guiding the conversation, not the specific sequence of tasks. And separate concepts like SMART goals, Growth Mindset, Self-Efficacy, or SDT are motivational concepts, not the MI task set.

**2. How is coaching best described regarding focus?**

**A. There is therapy.**

**B. Coaching should diagnose when needed.**

**C. Coaching prescribes medications.**

**D. Coaching is forward-focused and rooted in client autonomy.**

Coaching is about forward movement, helping the client set actionable goals and create steps to achieve them within a collaborative, client-driven partnership. It treats the client as the expert on their life, emphasizing autonomy, personal choice, and accountability rather than directing or prescribing. This focus on future goals and the client's ability to steer their own change best describes what coaching is. In contrast, therapy generally centers on healing and processing past experiences or trauma and may involve clinical assessment. Diagnosing medical or psychological conditions is outside the coach's scope, and prescribing medications is something only licensed healthcare professionals do.

**3. Which statement describes a 'verdict on identity' such as 'I'm not the kind of person who...'?**

**A. Response to setback (Fixed Mindset)**

**B. Change Talk vs Sustain Talk**

**C. Exam trap**

**D. Growth Mindset**

This reflects a fixed mindset: the statement acts as a verdict on identity, signaling that abilities are fixed and a setback defines who you are. When someone says "I'm not the kind of person who..." they treat traits as unchangeable, so mistakes or challenges are seen as evidence of an inherent limitation rather than as opportunities to learn and improve. In a growth mindset, setbacks are viewed as temporary and solvable through effort and strategy, so a person would frame the situation around what can be learned or changed. The other options don't describe this identity-facing interpretation: Change Talk vs Sustain Talk comes from motivational interviewing about readiness and commitment, an exam trap isn't a mindset construct, and a growth mindset would oppose declaring one's identity as fixed.

**4. Which term describes addressing client fears about the end of sessions and planning for future setbacks?**

**A. Closure work in coaching**

**B. Common onboarding mistake**

**C. Coaching vs therapy**

**D. Identifiers and boundaries**

Closure work in coaching focuses on the ending of the coaching relationship and preparing for future challenges. It involves guiding the client through a thoughtful ending, reviewing what was achieved, and consolidating learning so the changes stick after sessions end. A key part is planning for setbacks or slips, with practical strategies the client can use on their own—think relapse-prevention steps, maintenance plans, and clear indicators for when to re-engage support if needed. This helps transition responsibility to the client and sustains momentum beyond the program. This approach is distinct from onboarding mistakes, which concern early-stage setup rather than ending and continuing success; from coaching versus therapy, which clarifies scope and boundaries; and from identifiers and boundaries, which focus on personal and professional limits rather than ending the relationship and future planning.

5. What term describes the principle that information shared during coaching remains confidential, except for narrowly defined exceptions disclosed upfront?

**A. Confidentiality**

**B. Privacy**

**C. Boundaries**

**D. Trust**

Confidentiality is the principle that information shared in the coaching relationship is kept private and not disclosed to others without the client's consent, except for narrowly defined exceptions that are disclosed upfront. This creates a safe space for open, honest exploration, which is essential for meaningful growth. Exceptions are typically limited to situations like imminent harm to self or others, abuse disclosures, or legal requirements, and they should be clearly described in the informed consent or coaching agreement so the client understands when information might be shared. Privacy, by contrast, concerns protecting personal data from access outside the coaching context; boundaries refer to the professional limits of the coach's role and interactions, and trust is the client's confidence that the coach will honor commitments, including confidentiality.

6. Which statement best describes the purpose of the initial onboarding discussion about format and pricing?

**A. To pressure the client into committing quickly.**

**B. To ensure alignment with the client's schedule only.**

**C. To establish clear expectations about format and pricing and how the discovery session will proceed.**

**D. To collect marketing consent.**

The main idea is that an initial onboarding discussion should lay out exactly how coaching will be delivered and what it will cost, plus how the discovery session will unfold. By clarifying the format (how sessions will run, their length, frequency, mode of contact, and any boundaries or confidentiality) and the pricing structure (fees, payment terms, cancellation policies, and what's included), both coach and client enter the relationship with a clear, shared understanding. This transparency helps the client decide if the program fits their needs and budget, builds trust, and reduces surprises or miscommunication later. It also frames the discovery session as a structured step in the process, so there's a clear agenda and expectations about outcomes. The other options miss the core purpose: genuine onboarding should not pressure for quick commitment, should not be limited to scheduling alignment, and it isn't primarily about marketing consent.

7. Which statement about SMART goals is true?

- A. They encourage flexible adaptation.
- B. They operationalize goal-setting but can flatten meaning if used mechanically.**
- C. They require no criteria for measuring progress.
- D. They prescribe rigid, unchangeable actions.

SMART goals provide a structured way to turn intentions into concrete, trackable steps with clear criteria, a realistic scope, and a deadline. This structure helps you operationalize goal-setting by making what counts as success explicit and giving you a way to monitor progress. Yet, if you apply SMART too rigidly, it can turn into a checklist that drains the meaning and motivation behind the goal, focusing on ticking boxes rather than growth or relevance. For example, a goal like “exercise for 30 minutes, five days a week for eight weeks” is concrete and measurable, but treating it as an inflexible rule can make it feel burdensome if life changes or if the deeper motivation isn’t aligned. That blend—clear criteria and a deadline with room for reflection and adjustment—captures why this statement is true.

8. Which token represents 'Affirm worth independent of behavior'?

- A. U
- B. A**
- C. Regard
- D. T

Unconditional positive regard is valuing a person’s intrinsic worth regardless of their behavior. This stance creates safety for clients to explore and share honestly, because they’re met with acceptance rather than judgment. The token that best matches this idea is the one that directly signals affirming worth independent of actions. It captures the act of recognizing and affirming a person’s inherent value regardless of what they have or haven’t done. The other tokens are less precise: one points to the unconditional aspect without the explicit affirmation; another emphasizes regard itself without the explicit affirmation of worth; the remaining token doesn’t clearly connect to this concept.

9. Which is NOT a standard stage in the Transtheoretical Model?

- A. Precontemplation
- B. Contemplation
- C. Learning**
- D. Preparation

The Transtheoretical Model maps how people move through stages of readiness to change a behavior: precontemplation, contemplation, preparation, action, and maintenance (with termination sometimes added). Learning, while important to understanding and motivation, is not a named stage in this framework. It can occur at any stage as someone gains information, reflects, and builds skills, but it isn’t itself one of the stages. Precontemplation describes not considering change yet; Contemplation is when someone is weighing the pros and cons and considering action; Preparation is when they intend to take action soon and start planning steps. Since these are the standard stages, the choice that isn’t part of the model is Learning.

**10. When a client experiences relapse, which approach is recommended?**

- A. Offer several unsolicited resources.**
- B. Forbid participation in communities.**
- C. Ask whether the client would like recommendations—articles, communities, referrals.**
- D. Immediately re-engage with a new coaching contract.**

Relapse is a common part of change, and the best approach is to check in with the client and ask if they'd like recommendations—such as articles, communities, or referrals—so you can tailor support to their needs. This respects the client's autonomy and invites them to steer the next steps, which strengthens engagement, self-efficacy, and the therapeutic alliance. By offering options only when the client wants them, you meet them where they are and reduce the risk of overwhelm or pressure. Offering unsolicited resources can feel overwhelming or controlling, and it may not align with the client's current priorities. Forbidding participation in communities shuts down potentially valuable sources of support. Immediately re-engaging with a new coaching contract can create pressure and overlook the client's readiness. When you pause to ask for consent and preferences, you maintain collaboration and increase the likelihood of sustainable progress.

## Next Steps

**Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.**

**As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.**

**If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at [hello@examzify.com](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://nbchwc.examzify.com>**

**We wish you the very best on your exam journey. You've got this!**

SAMPLE