

NATIONAL BOARD CERTIFIED HEALTH AND WELLNESS COACH (NBC-HWC) PRACTICE EXAM (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

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THE FULL VERSION STUDY GUIDE**

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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

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- 1. The 5-D cycle Define, Discover, Dream, Design, Destiny is associated with which coaching approach?**
 - A. Problem-solving therapy
 - B. Appreciative Inquiry
 - C. Cognitive-behavioral coaching
 - D. Solution-focused therapy
- 2. Which term means mutual ease, respect, and connection for open conversation?**
 - A. Rapport
 - B. Microaggression Repair Principle
 - C. Inviting Feedback
 - D. Presence
- 3. Which token represents 'Express acceptance, not approval or disapproval'?**
 - A. E
 - B. Care
 - C. N
 - D. D
- 4. Fixed Mindset is the belief that abilities are largely innate and unchangeable; tends to discourage effort and avoidance of challenge. Which option states this?**
 - A. The belief that abilities can be developed through effort
 - B. The belief that abilities are largely innate and unchangeable; tends to discourage effort and avoidance of challenge
 - C. The belief that practice yields constant improvement
 - D. The belief that luck determines outcomes
- 5. Which practice demonstrates respecting boundaries around topics, contact, time, and disclosure?**
 - A. Extending sessions beyond scheduled time without consent
 - B. Recognizing and respecting boundaries around topics, contact, time, and disclosure
 - C. Publicly sharing client details to build rapport
 - D. Ignoring boundary requests

- 6. Which coaching method is described as a method to share information within the coaching scope?**
- A. Active Listening
 - B. Ask-Offer-Ask Technique
 - C. Nonverbal Communication
 - D. Strategic Silence
- 7. In the Contemplation stage, what is the recommended coaching response?**
- A. Explore ambivalence
 - B. Build rapport
 - C. Help build a concrete plan
 - D. Anticipate relapse and consolidate identity
- 8. Which arrangement lists the elements of cultivating the coaching partnership?**
- A. Presence, Agreement, Respect, Trust
 - B. Presence, Agreement, Respect, Trust, Non-judgment, Empowerment, Reflection
 - C. Presence, Agreement, Respect
 - D. Presence, Respect, Trust, Empathy
- 9. In relation to the Transtheoretical Model, Pathway 1 focuses on what primary activity?**
- A. Matching Coaching Response to TTM Stage
 - B. Setting micro-goals daily
 - C. Providing unconditional advice
 - D. Using only MI techniques
- 10. Which term refers to feeling for another person, often from a position of separation or pity, and is not a substitute for empathy in coaching?**
- A. Sympathy
 - B. Empathy
 - C. Coaching Presence
 - D. Curiosity

Answers

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

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Explanations

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1. The 5-D cycle Define, Discover, Dream, Design, Destiny is associated with which coaching approach?

- A. Problem-solving therapy
- B. Appreciative Inquiry**
- C. Cognitive-behavioral coaching
- D. Solution-focused therapy

Appreciative Inquiry is a strengths-based coaching approach that focuses on what's working and envisions positive possibilities for the future. The 5-D cycle—Define, Discover, Dream, Design, Destiny (Deliver)—embodies this positive inquiry process. Define sets the focus by framing questions around strengths and successes rather than problems. Discover draws out the best experiences and factors that contributed to those successes. Dream invites envisioning an ideal future rooted in those strengths. Design co-creates the concrete steps, systems, and processes needed to move toward that future. Destiny (Deliver) then commits to action and sustainable change to realize the vision. This emphasis on identifying strengths, exploring possibilities, and collaborative, future-oriented planning is what makes Appreciative Inquiry the best fit for the 5-D cycle, differentiating it from approaches that center on problem-solving, cognitive restructuring, or generic solution-building without the same positive-inquiry focus.

2. Which term means mutual ease, respect, and connection for open conversation?

- A. Rapport**
- B. Microaggression Repair Principle
- C. Inviting Feedback
- D. Presence

Rapport is the sense of mutual ease, respect, and connection that allows open conversation. When rapport is present, clients feel heard, understood, and safe to share their true thoughts, which helps the coach respond with warmth, curiosity, and nonjudgmental listening. It's built through active listening, reflecting both what the client says and how they feel, validating their experiences, asking open-ended questions, and matching the pacing and tone of communication. This relational foundation makes clients more engaged, honest, and collaborative in setting and pursuing goals. Inviting feedback is about asking for input; presence focuses on being fully attentive in the moment; and addressing microaggressions is about repairing harm after it occurs. Together, rapport creates the open conversational space essential for effective coaching.

3. Which token represents 'Express acceptance, not approval or disapproval'?

- A. E**
- B. Care
- C. N
- D. D

Express acceptance means acknowledging what the client has said or what they're feeling without judging it as good or bad. It shows you hear them, you're not approving or disapproving, and you're inviting them to share more. That neutral, nonjudgmental stance helps build safety and keeps the client autonomous in the conversation. The token that conveys this stance is the one explicitly linked to acceptance—it signals, without evaluation, that the client's perspective is heard and respected. This is why it's the best fit: it preserves rapport and encourages open exploration rather than steering toward praise, criticism, or mere concern. In practice, you might respond with a statement like, "I hear you, and it's okay to approach this at your own pace." This communicates acceptance without endorsing or condemning the client's choice, keeping the coaching relationship collaborative and nonjudgmental. The other options tend to shift the nuance: one implies disapproval, another conveys care or concern, and another might read as a neutral stance without clearly signaling acceptance. Expressing acceptance is the key to inviting honest dialogue while avoiding coaching pressure or judgment.

4. Fixed Mindset is the belief that abilities are largely innate and unchangeable; tends to discourage effort and avoidance of challenge. Which option states this?

- A. The belief that abilities can be developed through effort
- B. The belief that abilities are largely innate and unchangeable; tends to discourage effort and avoidance of challenge**
- C. The belief that practice yields constant improvement
- D. The belief that luck determines outcomes

Fixed mindset centers on the belief that abilities are largely innate and unchangeable, which tends to dampen effort and avoid challenging tasks. The statement matches this exactly by asserting that abilities are innate and unchangeable and that this belief discourages effort and avoidance of challenge. In contrast, beliefs that abilities can be developed through effort or that practice leads to improvement describe a growth mindset, where challenges are embraced as opportunities to learn. The idea that luck determines outcomes doesn't address beliefs about whether effort can change abilities, so it doesn't fit the fixed vs. growth framing.

5. Which practice demonstrates respecting boundaries around topics, contact, time, and disclosure?

- A. Extending sessions beyond scheduled time without consent
- B. Recognizing and respecting boundaries around topics, contact, time, and disclosure**
- C. Publicly sharing client details to build rapport
- D. Ignoring boundary requests

Maintaining professional boundaries in coaching is the key idea. Recognizing and respecting boundaries around topics, contact, time, and disclosure ensures the client feels safe, respected, and in control of their process. This practice shows you stay within what the client is comfortable discussing, use appropriate channels and expectations for communication, keep sessions to agreed times unless there's consent to extend, and protect confidentiality by not sharing personal information without permission. It supports trust, autonomy, and ethical care. By comparison, extending sessions without consent oversteps limits; publicly sharing client details breaches privacy and confidentiality; and ignoring boundary requests erodes trust and safety. The boundary-respecting approach is the one that best demonstrates professional conduct.

6. Which coaching method is described as a method to share information within the coaching scope?

- A. Active Listening
- B. Ask-Offer-Ask Technique**
- C. Nonverbal Communication
- D. Strategic Silence

In coaching, sharing information within the client's scope is most effectively done with a three-part sequence: ask what the client wants to know, offer the information that's relevant to their goals, then ask again to confirm understanding or invite further questions. This approach keeps guidance aligned with the client's objectives and boundaries, and it preserves the collaborative, client-led nature of coaching. Active listening focuses on understanding and reflecting the client's thoughts and feelings, rather than delivering targeted information. Nonverbal communication conveys meaning through tone, posture, and facial expressions, but it's not a structured method for sharing information within scope. Strategic silence creates space for processing, but it doesn't provide a deliberate, repeatable way to share information.

7. In the Contemplation stage, what is the recommended coaching response?

- A. Explore ambivalence**
- B. Build rapport
- C. Help build a concrete plan
- D. Anticipate relapse and consolidate identity

In Contemplation, the client knows a change is possible but isn't sure about committing, so the coach's job is to surface and explore ambivalence. The best response is to help the client articulate the pros and cons of change, name the values and goals behind wanting to change, and identify barriers. This process strengthens motivation by making both sides of the dilemma explicit, helping the client move from awareness to readiness without feeling pressured. Building rapport is important, but the primary task here is to address ambivalence directly. A concrete plan or relapse-focused work belongs to later stages when the client is ready to commit or maintain change.

8. Which arrangement lists the elements of cultivating the coaching partnership?

- A. Presence, Agreement, Respect, Trust
- B. Presence, Agreement, Respect, Trust, Non-judgment, Empowerment, Reflection**
- C. Presence, Agreement, Respect
- D. Presence, Respect, Trust, Empathy

Cultivating the coaching partnership begins with a genuine, attentive connection and a clear working agreement. Presence means you're fully with the client—listening deeply, noticing both what's said and unsaid, and conveying that you're with them in the moment. Establishing an agreement sets the boundaries, goals, and roles so both coach and client are on the same page about how you'll work together. Respect follows by acknowledging the client's values, experiences, and autonomy, which helps create a foundation of safety and dignity. Trust then grows naturally from consistent presence, a transparent agreement, and respectful interaction; it's the confidence that you'll hold confidentiality, be reliable, and support the client's direction. Non-judgment is crucial because it frees the client to explore without fear of criticism, making space for honest sharing and genuine exploration. Empowerment shifts the stance from directing the client to facilitating their own choices and actions, reinforcing the client's agency and capacity to influence their own outcomes. Reflection closes the loop, inviting both parts to learn from the work: what's working, what isn't, and how to adapt going forward, which deepens the partnership and informs future coaching. This full sequence best captures the ongoing, collaborative nature of a strong coaching partnership, ensuring safety, clarity, and growth throughout the relationship.

9. In relation to the Transtheoretical Model, Pathway 1 focuses on what primary activity?

- A. Matching Coaching Response to TTM Stage**
- B. Setting micro-goals daily
- C. Providing unconditional advice
- D. Using only MI techniques

The key idea is tailoring coaching to the client's stage of change in the Transtheoretical Model. Pathway 1 centers on matching your coaching responses to that stage, using stage-appropriate questions, reflections, and supports that fit where the client is in readiness. When you align your approach with the client's current stage—whether they're just becoming aware of the need to change, weighing options, preparing to act, or actively maintaining new behavior—you're applying interventions that address the processes of change most relevant at that moment. This stage-matched approach helps move the client forward through contemplation, preparation, action, and maintenance by providing the right type of guidance at the right time. The other options describe techniques that are useful in coaching but do not define the primary activity of Pathway 1: micro-goals daily is a tactic that can fit stage-based work but isn't the defining focus; unconditional advice runs counter to collaborative coaching; using only Motivational Interviewing techniques limits flexibility and stage-based tailoring.

10. Which term refers to feeling for another person, often from a position of separation or pity, and is not a substitute for empathy in coaching?

A. Sympathy

B. Empathy

C. Coaching Presence

D. Curiosity

Sympathy is feeling for someone from a distance or with a sense of pity, rather than fully sharing or understanding their emotional experience. In coaching, this stance doesn't replace empathy because true coaching relies on connecting with the client's inner state—recognizing their feelings, perspectives, and meaning in their situation—and responding in a way that validates and stays with them without judgment. An empathic response shows you're attuned to what they're experiencing and invites further exploration, while sympathy can create distance or imply the client needs pity rather than understanding. For example, saying "That must be really hard for you; I'm sorry you're going through this" is well-intentioned but may fall short of the ongoing, nonjudgmental attunement that empathy provides. An empathic approach would acknowledge the feeling and move toward curiosity and space for the client to articulate what that feeling means for them and their next steps.

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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.

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!

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