

National Board for Health & Wellness Coaching (NBHWC) Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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SAMPLE

Questions

SAMPLE

- 1. Which strategy involves exploring potential solutions to a client's concerns?**
 - A. Mediation**
 - B. Problem solving**
 - C. Reflection**
 - D. Supportive listening**
- 2. In the case of a conflict of interest in health coaching, the coach must prioritize which aspect?**
 - A. The financial gain of the coach**
 - B. The personal beliefs of the coach**
 - C. The well-being of the client**
 - D. The expectations of the coaching relationship**
- 3. When a client frequently uses the phrases "I won't" or "I can't", they may be in what stage of change?**
 - A. Precontemplation**
 - B. Contemplation**
 - C. Preparation**
 - D. Maintenance**
- 4. What is the best approach when a coach notices a client arriving late to calls and missing sessions?**
 - A. Explore what's working and create a plan for improvement**
 - B. Explore why coaching isn't working and get feedback**
 - C. Share observations and inquire about priorities**
 - D. Confront the client about their readiness for change**
- 5. What type of approach should the coach take when the client expresses feeling overwhelmed and exhausted in life?**
 - A. Encouragement to ignore feelings**
 - B. Explore feelings and experience**
 - C. Provide direct solutions to problems**
 - D. Offer sympathy and understanding**

- 6. What intentional strategy is used by the coach to strengthen the connection between them and the client during sessions?**
- A. Sympathy**
 - B. Mindful listening**
 - C. Rapport**
 - D. Creativity**
- 7. Why might a coach choose not to collect health risk assessment data before the first session?**
- A. The likelihood that the client reschedules**
 - B. The likelihood that the coach uses the "expert hat"**
 - C. The likelihood that the client builds rapport with the coach faster**
 - D. The likelihood that the coach uses closed-ended questions**
- 8. In which scenario would setting at least one SMART goal least likely occur?**
- A. Explaining the coaching process**
 - B. Establish coaching agreement**
 - C. Set a specific action plan**
 - D. Establish rapport**
- 9. What problem-solving strategy did the coach use when suggesting that the client could meal prep at night?**
- A. Mindfulness**
 - B. Problem solving**
 - C. Unconditional positive regard**
 - D. Educating**
- 10. When a client rationalizes their drinking habits as a way to socialize and relax, they are displaying:**
- A. Sustain talk**
 - B. Change talk**
 - C. Rolling with resistance**
 - D. Sympathy**

Answers

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

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Explanations

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1. Which strategy involves exploring potential solutions to a client's concerns?

A. Mediation

B. Problem solving

C. Reflection

D. Supportive listening

The strategy that involves exploring potential solutions to a client's concerns is problem solving. This approach is focused on identifying specific challenges or issues that a client is facing and systematically working through various options to determine the most effective ways to address those concerns. In the problem-solving process, both the coach and the client engage in discussions that analyze the situation, brainstorm potential solutions, evaluate the pros and cons of each option, and ultimately decide on actionable steps forward. This collaborative effort empowers the client by involving them in the decision-making process, ensuring that the solutions are relevant and tailored to their unique circumstances. In contrast, mediation typically refers to a process facilitated by a neutral third party to resolve conflicts between two or more parties. Reflection is about providing feedback and clarifying what has been said, encouraging clients to think deeply about their thoughts and feelings. Supportive listening involves actively listening to a client's concerns and providing emotional support without necessarily delving into solutions. These approaches do not focus explicitly on generating and exploring solutions in the same way that problem solving does.

2. In the case of a conflict of interest in health coaching, the coach must prioritize which aspect?

A. The financial gain of the coach

B. The personal beliefs of the coach

C. The well-being of the client

D. The expectations of the coaching relationship

Prioritizing the well-being of the client in situations of conflict of interest is fundamental to the ethical practice of health coaching. This principle ensures that the coach remains focused on the client's needs, goals, and overall health outcomes rather than personal or financial interests. A coach who prioritizes the client's well-being can build trust and foster a supportive coaching environment, which is essential for effective coaching relationships. When conflicts of interest arise, such as potential financial incentives or personal beliefs that could influence the coaching process, the coach has a responsibility to navigate these issues while keeping the client's interests at the forefront. This commitment creates a safe space for clients to explore their health concerns without the influence of the coach's external motivations. Prioritizing the client's well-being aligns with the ethical standards of health coaching, reinforcing the importance of client-centered approaches in promoting health and wellness.

3. When a client frequently uses the phrases "I won't" or "I can't", they may be in what stage of change?

A. Precontemplation

B. Contemplation

C. Preparation

D. Maintenance

When a client frequently expresses "I won't" or "I can't," it is indicative of the precontemplation stage of change. This stage is characterized by a lack of awareness or denial about the need for change. Clients in this phase often do not see their behaviors as problematic and may feel resistant to discussing or considering change. Their language reflects a mindset where they are not yet ready to consider the possibility of taking action towards their goals. In contrast, the contemplation stage involves recognizing the need for change and starting to think about it, but without committing to action. During the preparation stage, clients begin to plan for change and might express intent to change their behavior. In the maintenance stage, clients actively sustain their new behaviors and work to prevent relapse. Thus, the use of phrases like "I won't" or "I can't" aligns closely with the denial and resistance seen in precontemplation.

4. What is the best approach when a coach notices a client arriving late to calls and missing sessions?

A. Explore what's working and create a plan for improvement

B. Explore why coaching isn't working and get feedback

C. Share observations and inquire about priorities

D. Confront the client about their readiness for change

When a coach notices a client arriving late to calls and missing sessions, sharing observations and inquiring about priorities is the best approach. This method fosters open communication and allows the client to reflect on their commitments and values. By sharing observations, the coach can gently bring attention to behavior patterns that may impact the coaching relationship and the client's overall progress. Inquiring about priorities encourages clients to assess what is most important to them and identify any barriers that may be causing the late arrivals or missed sessions. This can lead to a deeper understanding of the client's current situation, motivations, and readiness for change. It helps build trust and collaboration, making it more likely for the client to engage actively in finding solutions. Addressing the situation in a non-confrontational manner creates a safe space for the client to share any challenges they may be facing, allowing the coach to guide them in creating actionable steps toward better time management and commitment to the coaching process.

5. What type of approach should the coach take when the client expresses feeling overwhelmed and exhausted in life?

- A. Encouragement to ignore feelings**
- B. Explore feelings and experience**
- C. Provide direct solutions to problems**
- D. Offer sympathy and understanding**

When a client expresses feelings of being overwhelmed and exhausted, it's crucial for the coach to take an approach that encourages exploration of those feelings and experiences. This allows the client to process their emotions and understand the underlying causes of their overwhelm. By exploring feelings, the coach can facilitate a deeper conversation that helps the client articulate their thoughts and gain clarity about their situation. This approach promotes self-awareness, which is essential in coaching. It empowers clients to identify how their feelings impact their behavior, and it encourages them to develop personal insights. The process of exploration can lead to identifying strengths, coping strategies, and potential solutions that the client can implement themselves. In contrast, suggesting that the client ignore their feelings could lead to further emotional distress and hinder their ability to tackle the challenges they are facing. Offering direct solutions may undermine the client's autonomy and problem-solving skills, preventing them from developing their own resolutions. Providing sympathy and understanding, while important for building rapport, does not support the client in analyzing their feelings or taking actionable steps towards improvement. Engaging in exploration provides a balanced approach that respects the client's emotional state while guiding them toward empowerment and action.

6. What intentional strategy is used by the coach to strengthen the connection between them and the client during sessions?

- A. Sympathy**
- B. Mindful listening**
- C. Rapport**
- D. Creativity**

The strategy of rapport is essential in coaching as it establishes a strong, trusting relationship between the coach and the client. When rapport is built, clients feel safe and understood, which can enhance their openness to discussing personal challenges and goals. This connection facilitates effective communication and enables the coach to support the client more effectively in their health and wellness journey. Other strategies, such as sympathy, may not create the same level of empowerment or understanding as rapport does. While mindful listening is a valuable skill that involves being fully present and attentive to the client's words, it alone does not fully encapsulate the act of nurturing a deeper relationship characterized by mutual respect and trust. Creativity may play a role in the coaching process, particularly in developing solutions or strategies together, but it does not specifically pertain to the relational aspect of the coaching dynamic as effectively as rapport does.

7. Why might a coach choose not to collect health risk assessment data before the first session?
- A. The likelihood that the client reschedules
 - B. The likelihood that the coach uses the "expert hat"**
 - C. The likelihood that the client builds rapport with the coach faster
 - D. The likelihood that the coach uses closed-ended questions

A coach might choose not to collect health risk assessment data before the first session primarily to avoid using the "expert hat." This approach emphasizes the coach's role in facilitating the client's self-discovery and empowerment rather than focusing on being seen as an authoritative figure who merely imparts knowledge or prescriptive advice. By not collecting this data in advance, the coach can foster an environment that promotes openness, curiosity, and collaboration. The decision to refrain from pre-session data collection supports the development of a strong coaching relationship based on trust. It allows the coach to engage with the client in a more informal and conversational manner, focusing on the client's experiences, emotions, and goals rather than on specific health metrics or assessments initially. This strategy aligns with the principles of coaching, which prioritize the client's own perspectives and aspirations as drivers of change. Additionally, by choosing not to rely on closed-ended questions associated with health risk assessments beforehand, the coach can encourage a more dynamic and interactive dialogue during their initial meeting. This approach enhances rapport-building, making clients feel more valued and heard, which is crucial for a successful coaching experience.

8. In which scenario would setting at least one SMART goal least likely occur?
- A. Explaining the coaching process
 - B. Establish coaching agreement
 - C. Set a specific action plan**
 - D. Establish rapport

Setting at least one SMART goal is most closely aligned with developing a specific action plan, where clear objectives are defined, making it a critical part of the coaching process. The SMART criteria—Specific, Measurable, Achievable, Relevant, Time-bound—are utilized to formulate goals that provide structure and clarity. In the context of establishing rapport, for example, the primary focus is on building a trusting relationship between the coach and the client rather than formulating specific goals. This stage involves understanding the client's story, their motivations, and emotional needs, which is foundational to effective coaching but not directly tied to setting SMART goals. When explaining the coaching process or establishing a coaching agreement, while these steps may touch upon goal-setting in broader terms, they do not specifically necessitate the formulation of a SMART goal at that moment. These processes are more about outlining the nature and structure of the coaching relationship rather than defining actionable, measurable objectives. Therefore, the scenario where setting a SMART goal is least likely to occur is during the establishment of rapport, as this part emphasizes relationship-building and understanding rather than immediate goal-setting.

9. What problem-solving strategy did the coach use when suggesting that the client could meal prep at night?

A. Mindfulness

B. Problem solving

C. Unconditional positive regard

D. Educating

The strategy used by the coach when suggesting that the client could meal prep at night exemplifies problem solving. This approach involves identifying a specific challenge the client faces—in this case, likely related to maintaining healthy eating habits or managing time effectively—and proposing a practical solution that the client can implement. Meal prepping at night allows the client to take proactive steps towards achieving their health goals by planning and preparing meals in advance, thus reducing the likelihood of making impulsive or less healthy food choices later. Problem solving is an essential skill in coaching as it empowers clients to creatively address their obstacles, encourages accountability, and fosters a sense of agency in managing their health and wellness journeys. By suggesting a concrete action—meal prepping—the coach is helping to facilitate the client's ability to find solutions that fit into their lifestyle while reinforcing effective change.

10. When a client rationalizes their drinking habits as a way to socialize and relax, they are displaying:

A. Sustain talk

B. Change talk

C. Rolling with resistance

D. Sympathy

The correct answer, which reflects the client's behavior of justifying their drinking habits as a means to socialize and relax, relates to the concept of "sustain talk." This term describes the statements or thoughts that individuals express when they discuss reasons for maintaining their current behavior, rather than making a change. In this scenario, the client is reinforcing their drinking routine by framing it positively, suggesting that it serves a social and relaxation purpose. Sustain talk is characterized by the individual's reasoning that supports the status quo—holding onto current behaviors despite potential issues. This can often occur in health and wellness coaching where clients might acknowledge the negative consequences of their actions but still find rationalizations that help them feel comfortable with those behaviors. Understanding this concept is crucial, as it highlights the areas individuals need to explore to elicit change and promote healthier habits. The other concepts mentioned, such as change talk, refer to language that indicates a desire or commitment to make a change, while rolling with resistance involves strategies to handle client objections without confrontation. Sympathy is emotional support without the focus on behavior change. Recognizing the distinction between these types of talk is essential for effective coaching and facilitating genuine behavior change.