

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

## Study Guide



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

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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

- 1. Which approach is least effective in engaging a client who is ambivalent about change?**
  - A. Asking open-ended questions.**
  - B. Promoting self-reflection.**
  - C. Offering suggestions immediately.**
  - D. Providing support for their goals.**
- 2. In which stage of change is a client who feels weight loss is pointless and expresses doubts about making weight loss work?**
  - A. Precontemplation**
  - B. Contemplation**
  - C. Preparation**
  - D. Action**
- 3. If a client rates their readiness to change as a 5 or 6, which question is most appropriate to ask?**
  - A. What qualities in yourself are important to you?**
  - B. What might put the mark a little higher on the scale?**
  - C. How will you know when it is time to think about changing?**
  - D. What change would you like to make first?**
- 4. Which open-ended question is most suitable for a client in the contemplation stage of change?**
  - A. What would have to happen that would signal you that it's time to start thinking about changing?**
  - B. What would be some pros and cons of making a change right now?**
  - C. What has worked for you in the past?**
  - D. Why make this change?**
- 5. When a client is discouraged due to external factors, what is the primary objective of the coach's inquiry about communication with the client's spouse?**
  - A. Pity**
  - B. Motivation**
  - C. Re-focus on goals**
  - D. Resistance**

- 6. What activity involves coaches assessing the pros and cons of making or not making a change?**
- A. Growth mindset**
  - B. Active listening**
  - C. Empathy**
  - D. Decisional Balance**
- 7. What is the most appropriate response when a client expresses sadness about a friend's accident?**
- A. Let's reschedule until you are ready to talk about your goals.**
  - B. Would you be open to setting everything aside and talking with me about your friend?**
  - C. I have a great counselor I can refer you to after our session today that you should go see.**
  - D. Oh no! What caused the accident?**
- 8. If a coach reframes a client's failure to perform a task into an observational statement, this technique is part of which coaching skill?**
- A. Empathy**
  - B. Appreciative Inquiry**
  - C. Stages of Change**
  - D. Nonviolent Communication**
- 9. Which components are typically included in a coaching agreement?**
- A. Confidentiality, Client's Vision, Client's goals**
  - B. Logistics, Client's Biometric Measurements, Appointment Cancellation Policy**
  - C. Confidentiality, Responsibilities and Expectation of the Coach, Responsibilities and Expectations of the Client**
  - D. Client's Biometric Measurements, Client's goals, Coach Fee Structure**



**10. Which of the following is NOT a component of Nonviolent Communication (NVC)?**

- A. Express feelings, not thoughts**
- B. Make requests, not demands**
- C. Identify needs, not strategies**
- D. Identify opportunities, not barriers**

## **Answers**

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

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## **Explanations**

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**1. Which approach is least effective in engaging a client who is ambivalent about change?**

- A. Asking open-ended questions.**
- B. Promoting self-reflection.**
- C. Offering suggestions immediately.**
- D. Providing support for their goals.**

Offering suggestions immediately is least effective in engaging a client who is ambivalent about change because it can come across as directive and may not align with the client's readiness or willingness to explore their own motivations and barriers. In ambivalence, clients often experience conflicting feelings about making a change; therefore, the focus should be on helping them articulate their own thoughts and feelings regarding the change process. When a coach provides immediate suggestions, it can inhibit the client's ability to engage in self-reflection and can shut down the conversation. Instead of fostering a collaborative dialogue, this approach may lead the client to feel pressured or resistant. In contrast, engaging clients who are ambivalent about change is best supported through open-ended questions, which help them express their thoughts and feelings; promoting self-reflection, which encourages deeper introspection about their desires and values; and providing support for their goals, which reinforces their autonomy and commitment. These techniques help create a safe environment where clients feel empowered to make their own decisions regarding change.

**2. In which stage of change is a client who feels weight loss is pointless and expresses doubts about making weight loss work?**

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

A client who feels that weight loss is pointless and expresses doubts about making it work is in the precontemplation stage of change. In this stage, individuals are typically not considering change and may be unaware of their issues or believe that their behaviors are not problematic. The feelings of futility and doubt indicate that the client is not yet ready to take steps towards change, which is characteristic of precontemplation. This stage is often marked by a lack of motivation to engage in the change process, and clients may need more understanding and information to move toward recognizing the possibility and benefits of change. In contrast, clients in the contemplation stage have started to acknowledge the benefits of change but are still ambivalent about taking action. The preparation stage involves clients who are ready and planning to make changes soon, while clients in the action stage are actively working on making those changes. Therefore, the expression of hopelessness and doubt clearly aligns with the characteristics of the precontemplation stage.

**3. If a client rates their readiness to change as a 5 or 6, which question is most appropriate to ask?**

**A. What qualities in yourself are important to you?**

**B. What might put the mark a little higher on the scale?**

**C. How will you know when it is time to think about changing?**

**D. What change would you like to make first?**

When a client rates their readiness to change as a 5 or 6, it indicates that they are somewhat willing but may have reservations or need further motivation to fully engage in the change process. Asking what might put the mark a little higher on the scale directly addresses their ambivalence and seeks to uncover factors that could enhance their readiness. This question encourages clients to reflect on their motivations and the barriers they perceive, facilitating a conversation about what support or changes might be necessary to increase their willingness to commit to making a change. This is a valuable approach because it empowers clients to articulate their feelings and thoughts about change. By identifying specific elements that could enhance their readiness, clients can begin to visualize a clearer path forward, making the process feel more attainable. Other options, while relevant in different contexts, do not directly tap into the client's current level of motivation. For instance, asking about qualities important to them focuses more on self-reflection rather than readiness to act. Inquiring how they will know when it's time to consider change may lead to ambiguity and does not actively enhance their current readiness. Similarly, asking what change they would like to make first does not address their motivational state but rather makes an assumption about their readiness to prioritize a specific action. Thus,

**4. Which open-ended question is most suitable for a client in the contemplation stage of change?**

**A. What would have to happen that would signal you that it's time to start thinking about changing?**

**B. What would be some pros and cons of making a change right now?**

**C. What has worked for you in the past?**

**D. Why make this change?**

The most suitable open-ended question for a client in the contemplation stage of change is one that encourages reflection on the implications of making a change without pushing for an immediate commitment. The selected question prompts the client to evaluate both the positive aspects (pros) and the potential drawbacks (cons) of making a change at this moment. This stage is characterized by an awareness of the need to change but ambivalence about it, so exploring the pros and cons can help clients clarify their thoughts and feelings about the change, leading to deeper insights and a potential movement toward readiness for action. In contrast, the other questions either push the client to think about change in a more immediate or directive way or address past experiences without focusing on the present contemplation stage. The focus on pros and cons specifically helps the client evaluate their current situation and consider their options, making it particularly pertinent for someone who is weighing the decision of whether or not to change.

**5. When a client is discouraged due to external factors, what is the primary objective of the coach's inquiry about communication with the client's spouse?**

- A. Pity**
- B. Motivation**
- C. Re-focus on goals**

**D. Resistance**

The primary objective of the coach's inquiry about communication with the client's spouse aims to address any resistance that might be affecting the client's progress. By exploring the dynamics of this communication, the coach can help the client identify any obstacles or challenges posed by external relationships that may be contributing to feelings of discouragement. Understanding the client's interactions with their spouse can lead to greater awareness of how these external influences may be impacting their motivation and commitment to their health and wellness goals. Additionally, addressing this resistance can empower the client to reframe their situation, improving their ability to navigate external challenges. It's about helping the client to understand that external relationships can significantly affect their mindset and progress, thus promoting open dialogue and effective strategies for overcoming discouragement. This approach ultimately fosters a more resilient mindset and a greater likelihood of achieving their lifestyle goals.

**6. What activity involves coaches assessing the pros and cons of making or not making a change?**

- A. Growth mindset**
- B. Active listening**
- C. Empathy**

**D. Decisional Balance**

Decisional Balance is a key activity in coaching that helps individuals weigh the advantages and disadvantages of making a change versus maintaining the current situation. This technique is rooted in the understanding that individuals often face ambivalence when considering change, and by systematically assessing the pros and cons, coaches can facilitate a clearer decision-making process. When coaches guide their clients through a Decisional Balance exercise, they encourage clients to articulate their motivations for change and the potential obstacles or drawbacks. This structured assessment allows clients to gain insight into their feelings and thoughts regarding the change, promoting greater self-awareness and empowerment. The focus on evaluating both sides of the change decision fosters a deeper understanding of personal values and priorities, which can lead to more informed and committed actions. By recognizing the factors that motivate them and those that hold them back, clients can make more strategic choices about their health and wellness journeys. In contrast, the other concepts listed do not directly involve this specific assessment process. A growth mindset focuses on the belief in one's ability to develop through effort, active listening emphasizes understanding and validating a client's experiences, and empathy involves connecting with a client's feelings. While important in the coaching process, they do not specifically address the evaluation of pros and cons related to making a change.

7. What is the most appropriate response when a client expresses sadness about a friend's accident?
- A. Let's reschedule until you are ready to talk about your goals.
  - B. Would you be open to setting everything aside and talking with me about your friend?**
  - C. I have a great counselor I can refer you to after our session today that you should go see.
  - D. Oh no! What caused the accident?

When a client expresses sadness about a friend's accident, responding with empathy and support is crucial. The most appropriate response is to acknowledge the client's feelings and create a safe space for them to express their thoughts and emotions. Suggesting to set everything aside and talk about their friend demonstrates that you are attentive to their emotional state and willing to prioritize this moment of need. It opens the door for the client to share their experience, which can be a significant part of their healing process. This approach also fosters trust in the coaching relationship, as it shows that you care about their well-being beyond just goal-setting. By allowing the conversation to shift towards their emotional needs, you support holistic health and wellness, which is a core principle in coaching practices. The other responses lack this appropriate level of emotional engagement. Proposing to reschedule might signal a lack of concern for the client's immediate feelings or dismiss the importance of addressing their emotional state promptly. Referring them to a counselor may be premature and implies that their feelings are beyond your support, which could discourage them from sharing. Lastly, expressing shock with a question about the cause of the accident may divert the focus away from the client's feelings and needs at that moment.

8. If a coach reframes a client's failure to perform a task into an observational statement, this technique is part of which coaching skill?
- A. Empathy
  - B. Appreciative Inquiry
  - C. Stages of Change
  - D. Nonviolent Communication**

The technique of reframing a client's failure to perform a task into an observational statement aligns with the principles of Nonviolent Communication (NVC). This approach emphasizes the importance of expressing feelings and needs without judgment while fostering mutual understanding. By transforming a perceived failure into an objective observation, the coach helps the client to see the situation more clearly and less emotionally. This reframing encourages reflection and learning, rather than defensiveness or shame, which can hinder growth. In Nonviolent Communication, the focus is on clear and non-judgmental expression, which allows for more effective dialogue about challenges and fosters a supportive environment for personal development. It invites the client to engage in a constructive exploration of their experiences without feeling blamed, thus enhancing the coaching relationship and promoting positive change. The other options, while valuable in their own contexts, do not encapsulate this specific reframing technique. Empathy involves understanding and sharing the feelings of another, Appreciative Inquiry focuses on discovering what works well to build a desired future, and Stages of Change relate to understanding the client's readiness to change. However, the act of reframing to an observational statement is most closely tied to the principles of Nonviolent Communication.



**9. Which components are typically included in a coaching agreement?**

- A. Confidentiality, Client's Vision, Client's goals**
- B. Logistics, Client's Biometric Measurements, Appointment Cancellation Policy**
- C. Confidentiality, Responsibilities and Expectation of the Coach, Responsibilities and Expectations of the Client**
- D. Client's Biometric Measurements, Client's goals, Coach Fee Structure**

The coaching agreement serves as a foundational document that outlines the terms and expectations between the coach and the client. This is critical for establishing a trusting and productive coaching relationship. The inclusion of confidentiality is vital in a coaching agreement as it reassures the client that their information will be kept private, fostering an environment of trust. The responsibilities and expectations of both the coach and the client are equally important, as they clarify the roles each will play in the coaching process and help to set the tone for accountability. By detailing what each party is responsible for, the agreement sets clear boundaries and helps to manage expectations, which can lead to a more effective coaching experience. While other options may include some relevant details, they often miss key aspects that are essential for a robust and functional coaching agreement. For instance, logistics and appointment cancellation policies are practical elements, but they do not capture the depth of the coaching relationship as effectively as highlighting confidentiality and mutual expectations does. These components ensure that both the coach and the client have a shared understanding of their interaction and roles, creating a strong foundation for achieving the client's goals.

**10. Which of the following is NOT a component of Nonviolent Communication (NVC)?**

- A. Express feelings, not thoughts**
- B. Make requests, not demands**
- C. Identify needs, not strategies**
- D. Identify opportunities, not barriers**

Identifying opportunities, rather than barriers, is not a component of Nonviolent Communication (NVC). NVC emphasizes the importance of expressing feelings, making requests instead of demands, and identifying needs over strategies in interactions. The process of NVC includes four components: observations, feelings, needs, and requests. The focus is to communicate in a way that enhances connection and understanding, while minimizing defensiveness and dishonesty. By discussing feelings, practitioners aim for authenticity in their communication. Making requests instead of demands encourages a collaborative approach to interpersonal relationships. Similarly, distinguishing needs from strategies helps clarify what is truly essential, promoting empathy and understanding. The concept of identifying opportunities does not align with the core principles of NVC, which centers on expressing and understanding human experience in a compassionate manner.

## 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://nbhwhealthwellnesscoaching.examzify.com>**

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