

FOR IMMEDIATE RELEASE



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### **Bobbie Sue Wolk Receives the Designation National Board Certified Health & Wellness Coach**

Anchorage, AK—September 10, 2018—Bobbie Sue Wolk, MS, PCC, BCC, owner of [Rosewood Coaching](#), and the first International Coaching Federation ([ICF](#) certified) executive coach in the state of Alaska, recently passed the Health & Wellness Coach Certifying Examination to become [National Board Certified](#) for Health and Wellness Coaches. The exam is provided by the Int'l Consortium of Health & Wellness Coaching (ICHWC), in partnership with the National Board of Medical Examiners, the same board that certifies physicians.

Health and wellness coaching (HWC) is rapidly emerging as an adjunct treatment for lifestyle diseases, which collectively are the greatest causes of morbidity and mortality in the developed world. HWC holds great potential for advancing healthy behavior change and stemming the rising tide in prevalence of chronic disease. ([ref](#)). HWC uses specific, measureable practices to help people become more resilient, which is defined as a person able to withstand, recover, and grow in the face of stressors and changing demands. ([Ohio State University, School of Nursing](#))

Wolk is able to establish health and wellness corporate programs, and increase participation for those companies with already established programs. These programs improve the health of employees and decrease healthcare costs.

People may generally know what to do to improve their health and wellness (eat and sleep well, move, reduce stress). Yet, what they may have experienced is that action without a foundation is short-lived. Through health and wellness coaching, clients design goals and actions based upon their unique interests, capacities, resources and access. The result is personalized, empowered change.

The International Consortium for Health and Wellness Coaching ([ICHWC](#)) is a team of U.S. leaders who has pioneered science-based training, education, and research of health and wellness coaches over the past 15 years. Since 2010, this team has consulted widely, developed a broad consensus, created national standards,

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and formed a partnership with the National Board of Medical Examiners to launch the National Board Certification for Health and Wellness Coaches

Bobbie Sue Wolk, co-owner with her husband Dr. Rick Wolk of [Rosewood Coaching](#), is a certified executive coach, mentor coach, industrial-organizational psychologist, accountant, business consultant, adjunct professor, author, and entrepreneur with experience in all aspects of running organizations that achieve success. Bobbie Sue is an accomplished speaker and has an international client base; in addition she has traveled through Alaska's interior to speak on various aspects of starting a business. She takes a holistic approach to her work with leaders to maximize their potential, personally, professionally, and spiritually to provide them with optimal balance for their unique lives. She is currently gearing up to teach a class on Financial Well Being to alumni through the College of Executive Coaching.

