

Exploring the Updated NBHWC Content Outline: Insights into the Revisions for 2026-2030



Reasons for the Updates

- Clearer expectations for coach mindset and behavior
- A call for inclusivity and an increase in coach awareness of client's lived experience
- Emphasis on approaches and environments that impact behavior change
- Expansion of Health & Wellness framework

Key Shifts

1. Coaching presence and relationship come first
2. Stronger emphasis on cultural awareness and humility
3. Expanded behavioral science foundation
4. Additional coaching facilitation tools
5. Revised professional practice and ethics standards
6. Extended framework of health & wellness
7. Integration of SSDOH effects on wellbeing

1. Coaching Presence and Relationship Skills

- What are your intentions regarding your coaching presence?
- What biases might you have based on your values, thoughts, or beliefs?
- How can you enhance your relationship-building skills?
- What might need to go into your coaching agreement or intake forms?

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2. Cultural Humility and Identity Inclusion

- How might you expand your cultural and identity awareness?
- What actions can you take to reduce any biases?

3. Theories and Approaches to Support Client Behavior Change

New Section 2: Theories, Models, and Approaches to Behavior Change

- Which theories/approaches do you want to learn more about?
 - 2.1. Neuroplasticity, including basics of healthy habit formation
 - 2.2. Transtheoretical Model (stages of change)
 - 2.3. Motivational Interviewing 4.0
 - 2.3.1. The spirit of motivational interviewing
 - 2.3.2. The four tasks
 - 2.3.3. Change talk vs. sustain talk
 - 2.3.4. Guiding style
 - 2.4. Goal-Setting Theories and Approaches
 - 2.5. Self-Efficacy Theory (Social Cognitive Theory, Social Learning Theory)
 - 2.6. Self-Determination Theory
 - 2.7. Growth vs. Fixed Mindset
 - 2.8. Positive Psychology Approach
 - 2.9. Appreciative Inquiry

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4. Coaching Tools, Skills, and Strategies – Expanded

- Which strategies do you want to learn more about or incorporate more into your practice?
- How will understanding the importance of the client's environment alter your coaching approach?
- How will your approach change with regards to goal setting in partnership with your client?

5. Ethics in Coaching – Updated and Revised

- Consider the expansion of the **Scope of Practice**: What stands out to you? How could you describe the changes to your coaching audience?
- What professional growth or networking opportunities exist for you?
- What are your next steps with regards to use of technology and AI in coaching?

6. New Health & Wellness Domains

- How will you move forward incorporating the topics now included in the Health & Wellness section? Which area(s) will you research first?

7. Health Equity, Structural and Social Determinants of Health

- How will you increase your knowledge around these 3 topics?

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