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

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

https://nbchwc.examzify.com

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright 1

Table of Contents 2

Introduction 3

How to Use This Guide 4

Questions 5

Answers 8

Explanations 10

Next Steps 15

SAMPLE

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.

SAMPLE

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!

SAMPLE

Questions

SAMPLE

1. Which practice specifically aims to reset the nervous system prior to coaching by quieting the mind?

A. Noticing a Personal Trigger

B. Entering the Receptive State

C. Grounding the Body

D. Transition Pause

2. Which concept is the capacity to perceive and reflect another person's emotional experience accurately while remaining oneself; understanding with the client, not for them?

A. Unconditional Positive Regard (UPR)

B. Sympathy

C. Empathy

D. Compassion

3. In Self-Determination Theory, which option lists the three basic psychological needs identified by the theory?

A. Autonomy, Competence, Relatedness

B. Autonomy, Competence, Connectedness

C. Relatedness, Autonomy, Competence

D. Autonomy, Mastery, Relatedness

4. What should be included in consolidating learning?

A. Ask the client to name the next tasks to complete.

B. Ask the client to name skills, insights, and self-coaching practices they will carry forward.

C. Critique the client's performance.

D. End the session immediately.

5. Which term best describes the initial steps to bring a client into the coaching relationship with agreements and logistics?

A. Onboarding

B. Sustained Presence

C. Coaching Agreement

D. Fit

SAMPLE

6. Bandura's sources of self-efficacy include Mastery experiences, Observation, Verbal persuasion, and which other factor?

A. Mastery experiences

B. Observation

C. Verbal persuasion

D. Impulse control

7. In coaching, who is the expert on the coaching process?

A. The client

B. The organization

C. The coach

D. The facilitator

8. Change Talk refers to client statements that favor movement toward change. Which option correctly identifies Change Talk?

A. Sustain Talk

B. Change Talk

C. Ambivalence Talk

D. Resistance Talk

9. What is the structured intake process orienting a new client to coaching, usually completed before or during the first session?

A. Mindful Grounding

B. Onboarding

C. Fit

D. Personal Boundaries

10. Confidentiality in coaching has exceptions; when should it be disclosed?

A. Confidentiality is absolute and never breached.

B. There are exceptions such as imminent harm, and confidentiality should be disclosed at the outset.

C. Confidentiality is discussed only after a breach.

D. Disclosures are required only in group settings.

SAMPLE

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Which practice specifically aims to reset the nervous system prior to coaching by quieting the mind?

A. Noticing a Personal Trigger

B. Entering the Receptive State

C. Grounding the Body

D. Transition Pause

Shifting into a receptive state focuses on quieting the mind to lower automatic arousal and openness to new information. When the nervous system is calm and the mind isn't flooded with judgments or predictions, you're more able to listen deeply, notice subtle cues from the client, and respond with curiosity rather than reactivity. This mental reset creates a safe internal space that supports learning, collaboration, and behavior change, which is exactly what coaching conversations require. Noticing a personal trigger is about recognizing what could provoke a defensive or reactive response. It's important awareness, but it doesn't by itself reduce mental noise or prime the nervous system for a calm coaching session. Grounding the body helps anchor attention in the present and can reduce physical tension; it supports a centered state, but the emphasis here is on quieting the mind to become more receptive. A transition pause provides a deliberate moment to reset rhythm between activities, which can help, but it's a broader tool for pacing rather than specifically aiming to quiet mental activity before coaching.

2. Which concept is the capacity to perceive and reflect another person's emotional experience accurately while remaining oneself; understanding with the client, not for them?

A. Unconditional Positive Regard (UPR)

B. Sympathy

C. Empathy

D. Compassion

Empathy is the ability to perceive another person's emotional experience accurately and reflect that understanding back to them while keeping your own perspective intact. In coaching, this means listening for the client's emotions, labeling what you hear, and communicating that you understand their feelings and point of view—without taking over or solving the issue for them. This helps the client feel truly seen and understood, which supports their self-exploration and autonomy. Sympathy involves feeling pity or concern for someone, but it doesn't necessarily convey an accurate reading of their internal experience. Unconditional Positive Regard is about accepting the client without judgment, which is a supportive stance, but it isn't the active process of perceiving and reflecting their emotions. Compassion means a desire to relieve suffering, often with a drive to take action, which can involve moving beyond understanding to doing something. Empathy uniquely combines accurate understanding with reflective communication while preserving the therapist or coach's own boundaries.

SAMPLE

3. In Self-Determination Theory, which option lists the three basic psychological needs identified by the theory?

A. Autonomy, Competence, Relatedness

B. Autonomy, Competence, Connectedness

C. Relatedness, Autonomy, Competence

D. Autonomy, Mastery, Relatedness

Self-Determination Theory identifies three basic psychological needs that support intrinsic motivation and well-being: autonomy, competence, and relatedness. Autonomy is the sense of volition and choosing actions freely. Competence is feeling effective and capable in what you do. Relatedness is feeling connected to others and cared for. The best answer lists these three needs exactly as defined by the theory, in any order; the canonical trio is Autonomy, Competence, Relatedness, which matches standard SDT terminology. One option uses Connectedness instead of Relatedness, which captures a similar idea but uses nonofficial wording. Another option substitutes Mastery for Competence, which is not SDT terminology. An alternative listing that has the same three needs in a different order is correct in content because the order does not change the meaning.

4. What should be included in consolidating learning?

A. Ask the client to name the next tasks to complete.

B. Ask the client to name skills, insights, and self-coaching practices they will carry forward.

C. Critique the client's performance.

D. End the session immediately.

Consolidating learning means turning what the client discovered in the session into durable, self-sustained actions outside the session. The best approach is to have the client name the skills they will use, the insights they've gained, and the self-coaching practices they will carry forward. This makes learning concrete and transferable, boosts the client's sense of control and capability, and provides a clear plan for ongoing self-management. For example, a client might commit to practicing a specific coping skill, applying a new insight to a trigger, and using a self-coaching routine like journaling progress or scheduling brief weekly reflections. Other options miss this focus: asking for the next tasks centers on task completion rather than internalizing learning; critiquing performance can undermine motivation and autonomy; ending the session ends the consolidation process altogether.

5. Which term best describes the initial steps to bring a client into the coaching relationship with agreements and logistics?

A. Onboarding

B. Sustained Presence

C. Coaching Agreement

D. Fit

Onboarding describes the process of bringing a client into the coaching relationship, including the agreements and logistics that set up the engagement. It covers the intake, consent and confidentiality, scope of practice, roles and responsibilities, session cadence, fees, platform or format, and expectations, ensuring both parties are clear before coaching begins. The coaching agreement is a key part of onboarding, but onboarding is broader and encompasses all the steps needed to start the relationship. Fit focuses on whether the client and coach are a good match and is usually assessed earlier, while sustained presence isn't the standard term for this initial setup.

SAMPLE

6. Bandura's sources of self-efficacy include Mastery experiences, Observation, Verbal persuasion, and which other factor?

A. Mastery experiences

B. Observation

C. Verbal persuasion

D. Impulse control

The main concept here is how people develop beliefs about their own capability to succeed in tasks. Bandura identifies four kinds of information that shape self-efficacy beliefs: mastery experiences (successfully doing a task strengthens belief in one's ability), vicarious experiences or observation (seeing others succeed can raise or lower one's own belief in what they can do), social persuasion (encouragement and feedback from others can boost or weaken belief), and physiological or affective states (the body's and emotions' signals—like anxiety, fatigue, mood, or physical symptoms—that influence how capable one feels in a moment). The physiological and affective states provide information about how ready or able you feel to take on a task; interpreting these signals as manageable energy or as a warning can shift your confidence accordingly. Impulse control is not listed as one of these sources; while controlling impulses is valuable for behavior, it doesn't constitute one of the four information channels Bandura describes for shaping self-efficacy beliefs.

7. In coaching, who is the expert on the coaching process?

A. The client

B. The organization

C. The coach

D. The facilitator

The person guiding how the coaching unfolds—the sequence of sessions, the tools and models used, and how progress is tracked and accountability is maintained—is the coach. This role means they design the coaching agreement, choose methods that fit the client, and consciously manage the process to move toward the client's goals. The client brings deep knowledge of their own values, experiences, and desired outcomes, but the coach shapes the process that helps translate those into action. The organization can influence the context and provide resources, but it's not responsible for directing the coaching process itself. In group settings, a facilitator might guide participation, but for one-on-one coaching, the coach is the expert in the coaching process because they steward how the work happens, not just what the client wants to achieve.

8. Change Talk refers to client statements that favor movement toward change. Which option correctly identifies Change Talk?

A. Sustain Talk

B. Change Talk

C. Ambivalence Talk

D. Resistance Talk

Change Talk is the language a client uses that favors moving toward change, such as expressions of desire, ability, reasons, need, commitment, or taking action toward change. The correct identification is the term that directly reflects this positive movement language. Sustain Talk describes language about staying with the current behavior, Ambivalence Talk shows mixed feelings about changing, and Resistance Talk is pushback against change. Recognizing Change Talk helps you see when the client is signaling readiness to move forward.

SAMPLE

9. What is the structured intake process orienting a new client to coaching, usually completed before or during the first session?

A. Mindful Grounding

B. Onboarding

C. Fit

D. Personal Boundaries

Onboarding is the structured intake process that orients a new client to coaching and is usually completed before or during the first session. It typically includes collecting essential information, obtaining informed consent and privacy permissions, clarifying the coaching agreement, outlining roles and responsibilities, scheduling logistics, and giving the client an overview of the coaching process and tools. This early setup ensures both client and coach share clear expectations, helps build safety and trust, and makes the first session more productive by having key information ready and goals in view. Mindful grounding is a technique used during sessions to help the client settle and focus; it belongs in-session rather than the intake process. The concept of fit relates to how well the client and coach align, and can be discussed early, but it is not the formal process of orienting and preparing a client. Personal boundaries are important in establishing a healthy coaching relationship, but the term onboarding specifically refers to the structured process of getting the client ready and aligned at the start.

10. Confidentiality in coaching has exceptions; when should it be disclosed?

A. Confidentiality is absolute and never breached.

B. There are exceptions such as imminent harm, and confidentiality should be disclosed at the outset.

C. Confidentiality is discussed only after a breach.

D. Disclosures are required only in group settings.

Confidentiality in coaching is not absolute; there are safety and legal boundaries that require information to be shared in certain situations. The best answer acknowledges these exceptions and emphasizes disclosing them at the outset. By bringing up the limits during the initial intake or informed-consent process, both coach and client enter the relationship with clear expectations about what will be kept private, who might see information (such as a supervisor for quality or a required disclosure if legally/ethically necessary), and what kinds of situations would trigger a disclosure. This upfront discussion supports trust and minimizes surprises if a disclosure becomes necessary. Typical exceptions include imminent harm to self or others, abuse or exploitation, or other legal reporting requirements. In group settings, confidentiality remains important but is more complex, so policies are reviewed before sessions begin. The other options misrepresent practice: confidentiality isn't absolute; disclosures aren't only after a breach; and disclosures aren't limited to group settings.

SAMPLE

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!

SAMPLE