

Wellness, coaching and medicine – what do they have in common?

E. Stelmasiak

*Wellness Coaching, The Wellness Institute, Poland
Wellness Clinic, Medicover Hospital, Poland*

The fields of wellness, coaching and medicine have their own unique history and goals. Their emergence in the world is owed to humankind's pursuit for health, longevity and quality of life. Along the years and centuries the best of human knowledge has been applied to each of these fields. We will take a look at the objectives, definitions, origins, applications and modalities of wellness, coaching and medicine. We will examine how these fields merge for the benefit of patients and all human beings. We will place them in the light of the theory of evolution of human consciousness. Moreover, we will discuss the importance of mental, emotional and spiritual health, as well as how the doctor-patient relationship can support them. Gold star evidence for the effectiveness of wellness coaching in the medical model will also be presented. Doctors will be called to live a life of health and quality, and therefore become living examples of wellness. Their practice of self-love and self-care while making healthy choices for a more successful existence has the potential to inspire their patients and lead them by example.