

## Wellness Coach Interview Questions

1. Tell me about the last time you tracked attendance, participation, or performance data at a wellness event.
2. Share an experience in which you provided individual assistance with wellness or nutrition.
3. Provide a time when the maintenance of equipment helped your company.
4. Describe a marketing campaign you successfully developed. How did the campaign promote a healthy lifestyle or participation in a program?
5. Share an experience in which you conducted a survey which helped you improve a fitness program.
6. Share an experience in which you taught a class in which you noticed an improvement in the strength, flexibility, or cardiovascular conditioning of the participants.
7. Share an experience in which you successfully selected and/or supervised a contractor.
8. What methods have you found effective in responding to requests for information about wellness programs and services?
9. Tell me about a new program you approved. What methods did you use to determine its effectiveness?
10. Tell me about the last budget you prepared and/or implemented.
11. Tell me about an event which you successfully organized and directed. What methods made you successful?
12. Share a method you have found effective for instructing patrons on the proper operation of fitness equipment.
13. What methods do you use to ensure a clean and safe facility?
14. Describe the state of your schedules, records, or reports. What is one thing you are trying to improve?

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15. Tell me about the last class you successfully developed and implemented. What methods did you use?

16. Describe the last training session or seminar you conducted for a staff. What made the training/seminar successful?

17. Share an experience in which you successfully supervised workers. What methods made you successful?

18. Tell me about the last fitness/wellness program you developed and/or coordinated.