



Health and Wellness

Those interested in this industry take pride in the health and wellbeing of others and look for opportunities to make meaningful contributions to their communities. The health and wellness industry has many opportunities that range from counseling and mental health, to direct patient or client care in a hospital or clinic, or even acting as a public health advocate or educator.

Tips for success

- **Look into licenses and certifications:** Licenses and certifications are often required in the health and wellness industry; some can be obtained in months, but others will take longer.
- **Build hands-on experience:** These experiences will help you build your resume and become a competitive applicant as you apply to future positions.
- **Build your network:** Connecting with industry professionals will allow you to expand your network while also learning more about the area of health and wellness you are interested in.
- **Become more involved in your community:** Community service can be a great way to build intercultural fluency as well as show your leadership skills and dedication for helping others.

Professional Associations

There are several local and national professional associations connected to this career field. Joining a professional association will help you network with professionals already in your field of interest, as well as expose you to new opportunities you may not have considered.

- **Academy of Integrative Health & Medicine**
- **Academy of Nutrition and Dietetics**
- **American Medical Association**
- **American Nurses Association**
- **American Public Health Association**
- **International Consortium for Health & Wellness Coaching**

Possible areas of employment

Alternative Medicine
Athletic Training
Chiropractic
Counseling/Mental Health
Global Health
Nursing
Nutrition
Physician
Physician Assistant
Public Health Educator

Top desired skills

Communication
Problem-solving
Critical thinking
Collaboration
Intercultural fluency

