



Michael Arloski, Ph.D., PCC, NBC-HWC

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Dr. Michael Arloski is a pioneering architect of the field of health and wellness coaching. His life's work and passion is creating allies for a healthy world. He and his company, Real Balance Global Wellness Services, Inc., have trained thousands of coaches around the globe. A psychologist with over 25 years of clinical work and professional contribution to the field of health and wellness promotion since 1978, Dr. Arloski is a founding board member of the National Board for Health and Wellness Coaching and is now a board member emeritus. Dr. Arloski is the author of *Wellness Coaching for Lasting Lifestyle Change, 2nd Ed.*, the foundational book of the field, as well as *Masterful Health & Wellness Coaching: Deepening Your Craft*. His leadership history includes being past president of The Ohio Society for Behavioral Health & Biofeedback, past president of The Colorado College Counselors Association and president of the board of directors of the National Wellness Institute. An avid outdoorsman and 35-year practitioner of tai chi, he lives, works, dances and plays in northern Colorado with his wife Deborah.