



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

CEO and Founder

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Dr. Arloski's life's work and passion are creating allies for a healthy world. A psychologist with over twenty-five years of clinical work, with professional contributions to the field of wellness and health promotion for decades, he is a pioneering architect of the field of health and wellness coaching. His company, Real Balance Global Health Coach Training, has trained over 20,000 coaches worldwide. Michael was a founding board member of the National Board for Health & Wellness Coaching and is now a Board Member Emeritus. He is the author of *Wellness Coaching For Lasting Lifestyle Change*, 2nd Ed.; *Paths of Wellness Guided Journal*, Vol. 1; and *Masterful Health & Wellness Coaching: Deepening Your Craft*. His past professional leadership history includes president of the Ohio Society for Behavioral Health & Biofeedback; president of The Colorado College Counselors Association; and president of the Board of Directors of the National Wellness Institute. An avid outdoorsman and forty-year practitioner of Tai Chi, he and his wife, Deborah, live, work, dance and play in Northern Colorado.