

## 2011 Fall Certification Class Schedule

### Wellness Coach 360<sup>o</sup>™ “Wellness & Health Coach” Certification

Learn wellness concepts and evidence based coaching competencies. Learn how to motivate others toward health and positive lasting lifestyle change. Learn how to motivate others toward health and positive lasting lifestyle change.



*This training is ideal for all health and wellness professionals wanting to increase their knowledge of and effectiveness in working with clients around lifestyle change. 32*

*Professional Continuing Education contact hours for Nurses, American College of Sports Medicine, Health Educators, and International Coach Federation core coach credit applied for.*

### 2011 / 2012 Training Schedule (Spring 2012 Webinars to come)

**Webinars** are interactive and the closest to being in a live classroom. You hear and see the instructor and can ask questions and have them answered in real time. There are no phone charges – you access the webinar via your computer (a steady internet connection is needed) **\$200 incentive discount for combined registration \$895 + \$495 = \$1390 - \$200 (combined incentive) = \$1190 - \$100 for early registration = \$1090.00!**

**Part I: Wellness Coach” Certification (20 hours)** Learn wellness coaching competencies and a structured, proven methodology that effectively supports healthy lifestyle change.

- September 27th – November 3rd 12pm – 2pm Eastern time (T/TH) (No class 10/11 & 10/13) Early registration: August 1st
  - September 27th – November 3rd 7pm – 9pm Eastern time (T/TH) (No class 10/11 & 10/13) Early registration date: August 1st
  - September 26th – November 2nd 12pm – 2pm Eastern time (M/W) (No class 10/10 & 10/12) Early registration date: August 1st
  - September 26th – November 2nd 7pm – 9pm Eastern time (M/W) (No class 10/10 & 10/12) Early registration date: August 1st
- \$895.00 US Registration fee includes course manual, digital tool package, and web-based support. You will need to purchase the book Wellness Coaching for Lasting Lifestyle Change by Michael Arloski.*

**Part II: Health Coach Certification (12 hours)** Prerequisite: "Wellness Coach" Certification

Participants learn to apply wellness coaching to working with people with health challenges and in different settings including working with groups.

- November 8th – December 1st 12pm – 2pm Eastern time (T/TH) (no classes thanksgiving week)
- November 8th – December 1st 7pm – 9pm Eastern time (T/TH) (no classes thanksgiving week)
- November 7th – November 30th 12pm – 2pm Eastern time (T/TH) (no classes thanksgiving week)
- November 7th – November 30th 7pm – 9pm Eastern time (T/TH) (no classes thanksgiving week)

*\$495.00 - No early registration discount offered. Registration fee includes course manual, digital tool package, and web-based support. You will need to purchase the book Your Journey to a Healthier Life, Paths of Wellness Guided Journal by Michael Arloski.*

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## Live - On Location

### Wellness Mapping 360<sup>o</sup>™ “Wellness & Health Coach” Certification Intensive

(32 hours over 4 days) **\$1,295.00 with early registration (\$1,395 after)** 2 manuals, a CD Tool Kit and the books *Wellness Coaching for Lasting Lifestyle Change* and *Your Journey to a Healthier Life, Paths of Wellness* are included with registration.

- September 21st - 24th of 2011 (San Diego, CA)
- December 8th – December 11th of 2011 (Fort Collins, Colorado)
- January 18th – January 21st of 2012 ( Del Ray Beach, FL)



**For Information on classes or to register 1-866-568-4702 Toll Free or Deborah@realbalance.com**