

Wellness Mapping 360° “Wellness & Health Coach” Certification Training

On Location – Colorado – June 20th – 23rd
32 Professional contact hours

The purpose of this program is... to train wellness & health professionals in the use of Wellness Coaching skills to assist their clients in making lasting lifestyle change. Participants learn a systematic coaching process, based on behavioral change psychology, human motivation, health promotion, and professional coaching competencies. You gain the skills to support and motivate your clients/patients to make the behavioral changes needed to live healthier lives.

Educational Objectives: After completing this training the participant will be able to:

- Define wellness and the impact of lifestyle on health and wellbeing.
- Identify the foundational theories of coaching.
- Describe Positive Psychology and Behavioral Change Psychology as they apply to lifestyle
- Identify the Mindset Shift needed to engage the coach approach and empower clients.
- Demonstrate wellness coaching competencies.
- Demonstrate the use of "Readiness for Change" theory to support a client's forward movement.
- Identify the steps in the Wellness Mapping 360° wellness coaching method
- Demonstrate proficiency in the use of the WM360 wellness coaching process
 1. Develop the Alliance
 2. Assess & Exploration
 3. Creating the Well Vision
 4. Co-creating the Wellness Plan
 5. Building in Support & Accountability
 6. Ongoing Evaluation
- Identify 5 ways a wellness coach can support clients who have health challenges from prevention through recovery.
- Explain the role of wellness coaching in medical compliance.
- Describe the use of the wellness coaching conversation to resolve client ambivalence
- List 5 effective ways to adapt wellness / health coaching in different settings
- Name 4 characteristics of wellness coaching groups
- Describe how to apply the WM360 wellness coaching model with groups

Training Facilitator: A licensed psychologist, consultant and wellness coach with over 27 years of pioneering contribution to the wellness field, Michael has presented seminars, keynotes and consultations on four continents, pursuing his mission of taking the concept of wellness worldwide. Michael Arloski, Ph.D., PCC, is endlessly fascinated with how behavior, culture, environment and human heart and soul interact. Asking the perennial question "Why don't people do what they need to do for themselves?", he has brought the concept of individualizing wellness into the mainstream through wellness coaching. In his books, ***Wellness Coaching For Lasting Lifestyle Change*** and ***Paths of Wellness, Your Journey to Healthier Life*** he shows coaches and wellness professionals how to work with their clients to achieve lasting behavioral lifestyle change. Dr. Arloski is founder and CEO of Real Balance Global Wellness Services LLC and creator of wellness Mapping 360 Wellness & Health Coach methodology. More information is available through his website www.realbalance.com

To receive credit: 100% participation in all contact hours including group discussions and group exercises as well as the successful completion of a case study and final exam.

Accreditation Statement:

Nurses: *"This continuing nursing education activity was approved by the American Holistic Nurses Association's Education Approver committee, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation". Approved through: 6/18/2012*

Health Educators: *"This activity has been approved by the National Commission for Health Education Credentialing, Inc. (NCHCEC) for 32 hours of CHES Category I continuing education contact hours (CECH)"*

Sports Medicine / Fitness: *This entity is an approved provider of Continuing education contact hours for ACSM*

ICF: *An application for 40 core coach credit hours has been made to the International Coach Federation*

Disclosures of Conflict of Interest: Michael Arloski Phd, PCC, Gail Aaronson RN and Deborah Howard MSW, reported no significant financial relationship with any commercial entity related to this activity.

See program schedule on reverse:

Day 1 – June 20th - Wednesday

8:30am – 12:30 pm:

- Explore definitions of wellness and what determines our health
- Learn about wellness coaching and its history
- Learn coaching ethics
- Learn the theories that are foundational to wellness coaching
- Learn the Mindset Shift needed to be more coach like
- Learn to distinguish between therapy, consulting, educating, treatment and coaching
- Learn the 4 cornerstones of coaching
- Learn about internal and external motivators

1:30pm – 5:30 pm:

Learn the basic core coaching competencies and the facilitative conditions of coaching.

- Creating the coaching alliance and the role of trust
- Listening as a coach
- The use of Powerful Questions
- Forwarding the movement /goals and action steps
- Accountability, agreements, follow-up
- Your personal wellness foundation
- Practice developing skills – buddy coaching

Learn about Readiness for Change Theory and what determines a client's readiness for change. Learn how to use Readiness for Change to support a client's forward movement

Day 2 – June 21st - Thursday

8:30am – 12:30pm: WM360 Methodology

- Learn how to support - Exploration and Assessment
- Learn how to guide a client through the Visioning and Focus Process
- Learn how to Co-creating the Wellness Plan

1:30pm – 5:30pm:

- Learn how to coach for support & connectedness.
- Learn how to build accountability in the wellness plan
- Learn how to use the WM360 Wellness coach model in limited time settings
- Learn how to use the Wellness Coaching conversation to resolve ambivalence
- Learn how to work with the Power of Habit
- Learn how to tame the inner critic

Role Play Coach & Client – buddy coaching

Traveling from outside of Colorado? Plan on spending a day or two after the training so you have time to explore our great State. We want to make your experience both valuable and fun - so we are planning a few activities for training participants and their travel companions on an opt-in basis.

Program Schedule – Live on Location

Lunch on your own – map and restaurant list provided
water & healthy snacks provided daily

Day 3 – June 23rd - Friday

8:30am – 12:30pm:

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- Learn the role of wellness coaching in medical compliance
- Learn the role of the wellness coach on the medical team
- Learn the ways a wellness coach can support a person with health challenges from prevention – rehabilitation - adaptation
- Learn how a wellness coach supports positive aging
- Learn how a wellness coach supports balance and positive use of stress

1:30pm – 5:30pm:

- Learn how to maintain the mindset shift when working within the medical world
- Learn how to wear 2 hats
- Learn how to integrate what you are learning into different settings

Role Play - wellness coaching and the use of the WM360 model and tools in Triads

Day 4 – June 24th – Saturday

8:30am – 5:30pm:

- Learn the characteristics of wellness coaching groups
- Learn the basics of facilitating a group
- Learn how set up a group
- Learn about incentives that work
- Learn to use the Wellness Coaching methodology with groups
- Learn to use the Wellness Coaching with specialized groups
- Evaluation, review of case study and final exam requirements
- Closure

Final Exam and Case Study to be completed on your own after the live portion of the training program.