

Wellness Coaching 360°™ “Health Coach” Certification

Focus: Health Challenges & Applications

Real Balance Global Wellness Services LLC

Prerequisite: The “Wellness Coach” Certification

Purpose: *To further develop and prepare health & wellness professionals to effectively support lifestyle change in clients with health challenges.*

In this 12 hour training, health professionals learn how to apply the Wellness Mapping 360°© model of wellness coaching to assisting people with specific health challenges, how to effectively use the model with groups and how to utilize the WM 360°© Guided Wellness Journal. Course manual is provided and the *Paths of Wellness, A Guide to a Healthier Life* will need to be purchased by the participant.

Learning Objectives for the Training

- Participants will demonstrate proficiency in the WC360° Wellness Coaching framework from prevention to recovery
- Participants will understand the role of the wellness coach in Lifestyle Medicine
- Participants will demonstrate knowledge of "Readiness for Change" as it applies to major health challenges and the impact of grief on the process.
- Participants will demonstrate in-depth coaching competencies
- Participants will demonstrate competency in coaching for medical compliance
- Participants will be able to adapt Wellness Coaching to different environments and formats including the facilitation of wellness coaching groups

WC 360°© “Health Coach” Certification Process: Certification is achieved by successful completion of the 12 hours of training and final exam. To ensure continued growth of the wellness coach the WC 360°© “Health Coach” Certification is renewable every two years with ten Continuing Education Hours in a related field.

Outline

Introductions

Review of The Wellness Coaching 360° Methodology

Coaching Clients With Health Challenges

- The Behavioral side of medical compliance – helping your client with the “Lifestyle Prescription”
- Coaching for medical compliance and beyond
- Specifics for recently diagnosed clients

Specific Health Challenges

- Working with specific health challenges
- Coaching people with diabetes, heart disease and other health challenges
 - Support for individuals with diagnosis
 - Support for prevention
 - Support for onset
 - Support for adaptation
 - Recovery
 - Rehabilitation
 - Reclaiming

Applications

- Applying it all to your delivery system
- Exploration and focus on your particular and frequent challenges
- Wellness coaching groups
- How to set up and facilitate a wellness coaching group
- Working the WM360 model in a groups
- Using the Guided Wellness Journal
- Developing your program plan - making wellness coaching applicable in your establishment

Next Steps

- Creating commitment to self & others to keep the learning “alive”.
- How we can support and assist as you go forth as a Wellness Coach.
- Use of the WC360 Wellness Coaching Platform

Michael Arloski, Ph.D., PCC is a licensed psychologist, consultant and wellness coach with over 25 years in the wellness field. In his book, *Wellness Coaching For Lasting Lifestyle Change*, 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. www.realbalance.com or 970-568-4700