

Wellness & Health Coach Certification



Marriott Residence Inn
Fort Collins, Colorado
June 20th - June 23rd

Learn a wellness coaching process, based on behavioral change psychology, human motivation, health promotion, and professional coaching competencies. Gain the skills to help your clients or patients make lasting lifestyle change.

Who should attend? All Health & wellness professionals interested in learning the skills to support positive lifestyle change. *This Training has been approved for 32 continuing education contact hours for Nurses, ACSM, and Health Educators.*

This continuing nursing education activity was approved by the American Holistic Nurses Association's Education Provider Committee, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation approved through 6/21/12

Knowledge and Skills Gained

1. Proficiency in wellness coaching skills
2. Proficiency in the Wellness Mapping 360° framework of wellness coaching
3. Proficiency in the use of wellness coaching with clients who have health challenges from prevention through recovery.
2. Knowledge of and the ability to use "Readiness for Change" to support a clients forward movement toward health & wellbeing
3. An understanding of the role of wellness coaching in medical compliance
4. A grounding in health promotion concepts
5. Proficiency in the use of the wellness coaching conversation to resolve client ambivalence
6. A working understanding of Positive Psychology and Behavioral Change Psychology as they apply to lifestyle
7. An understanding of how to apply wellness / health coaching skills in different settings
8. Proficiency in the development and facilitation of wellness coaching groups



Michael Arloski Ph.D., PCC

Learn with Dr. Michael Arloski, Author of *Wellness Coaching for Lasting Lifestyle Change* and leader in the wellness field



Registration Fee - \$1,395.00 - \$1,295 before May 4th

Group discounts available! (An Additional \$100 off for AHNA members)

Included with Registration:

- * The books *Wellness Coaching for Lasting Lifestyle Change* and *Paths of Wellness, Your Journey to a Healthier Life*
- * Two Course Manuals & a Digital Tool Kit
- * Health & Wellness Coach Certifications
- * Healthy Snacks & drinks provided daily

To register go to www.RealBalance.com

Call (970) 568-4700 / 866-568-4702 toll free or email Deborah@RealBalance.com

Assistance with Lodging and transportation available with request