

WELLNESS & HEALTH COACH CERTIFICATION

Wellness Mapping 360™ Methodology

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Learn wellness concepts and evidence based coaching competencies. 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.

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

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

Sports Medicine / Fitness Professionals: This entity is an approved provider of continuing education contact hours for ACSM.

ICF (International Coach Federation): This activity is an Approved Coach Specific Training Hours (ACSTH) with the International Coach Federation (ICF) for 37 hours of core coach specific training hours.



2012 Webinar Schedule

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 best value!

Wellness Mapping 360 Wellness & Health Coach Certification Training: This is a 32hour, two-part certification process. Choose a session from Part 1 and Part 2. \$1,090.00 with early registration discount (\$1,190.00 with out)

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

- May 1st – May 31st 12pm – 2pm Eastern (T/TH) **Early date 3/2/12**
- May 1st – May 31st 7pm – 9pm Eastern (T/TH) **Early date 3/2/12**
- October 9th – November 8th 7pm – 9pm Eastern (T/TH) **Early date 8/3/12**
- October 9th – November 8th 12pm – 2pm Eastern (T/TH) **Early date 8/3/12**



Registration fee includes course manual, digital tool package, and web-based support. Participant 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.

- March 20th, 22nd, 27th, 29th and April 3rd and 5th 12pm - 2pm Eastern time (T/TH)
- March 20th, 22nd, 27th, 29th and April 3rd and 5th 7pm - 9pm Eastern time (T/TH)
- June 12th, 14th, 19th, 21st, 26th, and 28th 12pm - 2pm Eastern time (T/TH)
- June 12th, 14th, 19th, 21st, 26th, and 28th 7pm - 9pm Eastern time (T/TH)
- November 13th – December 6th 12pm - 2pm Eastern time (T/TH)
- November 13th – December 6th 7pm - 9pm Eastern time (T/TH)

Registration fee includes course manual, digital tool package, and web-based support. Participant will need to purchase the book *Your Journey to a Healthier Life, Paths of Wellness Guided Journal* by Michael Arloski.

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

WELLNESS & HEALTH COACH CERTIFICATION Training Intensives

Live - On Location

Wellness Mapping 360^{OTM} Methodology



Wellness Mapping 360TM "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.

- June 20th – June 23rd - Fort Collins, Colorado - Early date – 5/4/12
- September 19th – 22nd – Boston, Mass – Early date – 8/3/12
- December 12th – 15th – Houston, Texas – Early date – 11/2/12

The Wellness & Health Coach Certification Training Intensive is a comprehensive four-day program that provides participants with in-depth skill building experience and the practical knowledge base of Wellness Coaching.

Structure of the Live Program:

The course takes place over four days, generally Wednesday thru Saturday to make it easier on those who have to take time off from work to attend. The daily, 8:30am – 5:30pm sessions are interactive and experiential, giving plenty of time for discussion and practice. Classes are kept small to enhance the connection between participants and the overall learning that takes place in the group. You will also be trained to use a CD Tool Kit that consists of wellness coaching tools, communication tools, and forms designed to support client interactions and implementation of the program with your clients, patients, students, or employees. The content in the live four-day intensive is the same as in the 32 hour Wellness & Health Coach Certification Webinars.

Learning Objectives:

Participants will demonstrate proficiency in wellness coaching skills including:

- * Creating the coaching alliance based on the facilitative conditions of a coaching relationship
- * The ability to create an effective wellness map / plan
- * Coaching competencies that move a client from reflection to action
- * Creating client support & accountability

Participants will demonstrate knowledge of and the ability to use "Readiness for Change" to support a clients forward movement toward health & wellbeing

Participants will understand the role of wellness coaching in medical compliance.

Participants gain knowledge of health promotion concepts and its role in Wellness Coaching

Participants will demonstrate the use of the wellness coaching conversation in resolving client ambivalence.

Participants will gain a working understanding of Positive Psychology and Behavioral Change Psychology as they apply to lifestyle change.

Participants will demonstrate proficiency in the Wellness 360^{OTM} Wellness Coaching methodology 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 competency in coaching for medical compliance

Participants will be able to adapt Wellness Coaching to different environments and form

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