

# Organizational Training Options

- **Wellness Conversations (4 hours)** *Use the Coach - Approach in your current wellness work and find benefit for staff and clients. Through the power of coaching conversations you will find less internal conflict, less mistakes because of misunderstandings, greater follow through with medical directives by clients, and more support for lifestyle changes from family members.*
- **Wellness Coaching Competencies (8 hours)** *Health and Wellness professionals learn the powerful interpersonal skills of coaching and how to use the skills to promote and support lifestyle change. The emphasis is on the use of wellness coaching in time limited - brief interventions. Individuals successfully completing this training will receive a certificate of completion.*
- **Wellness Mapping 360© “Wellness Coaching” Certification (20 hrs)** *Learn wellness concepts and professional coaching competencies that will give you the skills needed to individualize your wellness program or current work. You will learn a systematic coaching process, based on behavioral change psychology, human motivation, health promotion, and professional coaching competencies. Learn how to motivate others toward health and wellness with support and accountability. This training gives organizations who work directly with clients who need to make behavioral changes a framework for success. (2 day and 2.5 day programs available)*
- **Wellness Mapping 360© II “Health Coaching” Certification (12 hours)** *Learn to apply the WM360 model of wellness coaching to working with people with health challenges from prevention through adaptation, recovery and reclaiming what they have lost. Applying the model in different settings including working the model with groups is addressed. **Prerequisite:** WM360 “Wellness Coaching” Certification (1 and 1.5 days programs available)*

## Training Formats Available

• **Live – Onsite:** Bring Dr. Michael Arloski to your site for the most interactive & efficient way to train a group of people. You benefit from Dr. Michael Arloski’s many years in the wellness field and the training can be customized to your organizations goals and challenges. **Base Cost:** \$3,000 a day plus travel expenses. **Number of Participants** = up to 25 - above 25 we will add the cost of second trainer to ensure quality or additional trainings can be scheduled.

• **Webinars:** Enjoy the benefits of “live and interactive” training without the coordinating challenges and travel expenses. The Webinar option offers your company quality training that is focused on your program needs scheduled at times that work for your business. Once arranged, participants can join online from many locations without the added telephone expense or the need for a video camera on their computer. Each Webinar is then recorded for your future use. We take care of all the arrangements and make it easy for you and your staff to take full advantage of the training opportunity. **Base Cost:** \$300 an hour total defined by training selection. **Number of Participants** = up to 25 - above 25 add \$100 a person for the cost of materials and processing.

• **Tele-conference Training:** When you have a group of people who would benefit from Wellness Coach Training and find it challenging to get them together for a live - onsite training consider your own Telephonic Training. Your staff can join the class from any location at a convenient weekly time through a telephone bridge line. **Base Cost:** \$250 an hour with the total cost determined by training selection. **Number of Participants** = up to 15 to ensure the quality of the program.

• **Public Webinar or Teleconference Trainings:** Real Balance GWS hosts Telephonic and Webinar classes on an ongoing basis. When one or two people from an organization are interested in becoming certified in the Wellness Mapping 360 “Wellness Coach” model this is the easiest and most economical path to follow. For the most up to date class list visit our website [www.realbalance.com](http://www.realbalance.com)

*Wellness Training & Consulting Packages can be created or adapted to meet your organizations specific program needs.*