



## Wellness & Health Coach Certification

Syllabus, Overview of completion, and directions to the Coach Centerz0

### Wellness & Health Coach Manual Syllabus

Class	Topic	Date
1.	Introduction/Wellness from the Inside Out	
2.	Wellness from the Inside Out cont.	
3.	Positive Psychology & Motivation	
4.	The Coaching Alliance - Core Competencies & Setting the Foundation	
5.	The Coaching Alliance – Active Listening	
6.	The Coaching Alliance – Powerful Questions	
7.	The Coaching Alliance - Session Structure	
8.	Readiness for Change	
9.	Wellness Mapping M 360°© Assess & Explore	
10.	Wellness Mapping 360°© The Wellness Plan	
11.	Wellness Mapping 360°© The Wellness Plan cont. Wellness Mapping 360°© Accountability & Support	
12.	Wellness Mapping 360°© Ongoing Evaluation	
13.	Wellness Mapping 360°© Measurable Outcomes	
14.	Efficient Coaching & Making It Stick	
15.	Lifestyle & Wellness Coaching (Martha & Angelina Case Studies)	

16.	Coaching Clients with Health Challenges – Astonishing Non-Compliance & The 3 R's (Coaching Recovery, Rehab & Reclaiming)	
17.	Coaching Clients with Specific Health Challenges (Bernice Case Study)	
18.	Coaching Clients with Specific Health Challenges (Diabetes Case Study)	
19.	Coaching Clients with Specific Health Challenges (Cancer Case Studies)	
20.	Coaching for Healthy Weight Management & Fitness Wrap-up: Next Steps, Course Evaluation	

## **Certification Foundation Process:**

### **COURSE REQUIREMENTS:**

To obtain the Real Balance Health and Wellness Coach Certification, you must successfully complete 40 hours of interactive in class learning, 6 buddy coaching sessions, a case study and an online multiple-choice exam. You must also complete a self-paced web based two-hour Ethics and Legal Module. All of the information below is found on the Real Balance website in the Coach Center. You must log-in on the Real Balance website to see the Coach Center. When you log in, scroll down to the TAB that is labeled Foundation Class Materials.

### **In-Class Learning**

You must complete the 40-hour online class including a Formative Review (live instructor feedback following a short, in-class coaching session). You may miss a maximum of 3 classes and make them up by listening to the class recording available on the Real Balance website forum. Once a recording has been viewed please contact your instructor for content related questions to answer and submit to your instructor and Deborah (deborah@realbalance.com). The recordings will be available in 12 – 27 hours after each class. They will remain available for viewing up to 1 month after the end of the final class of the 40-hour online course.

As a courtesy to your class and instructor please arrive on time. If you anticipate missing a class, will be late in attendance or need to leave early please notify your instructor.

### **Buddy Coaching**

The intention of buddy coaching is to allow you to practice your coaching skills using the Real Balance 360 Methodology and tools. You will meet with your buddy coach for 6 sessions for a minimum of one hour each time. We suggest 30 minutes as the coach and 30 minutes as the client. Further details are explained in the Buddy Coaching Guidelines. Complete the Coach Notes form after each session. When all six sessions are complete, submit your buddy coach notes to [www.realbalance.com/file-transfer](http://www.realbalance.com/file-transfer).

### **Case Study**

A written case study of a client that is not your buddy coach is a requirement of this course. The purpose of this is to allow you to practice your skills with a real client. This requirement is explained in detail in the Case Study Guidelines. You will use the Case Study Form to submit your case study. Your case study will be submitted online to [www.realbalance.com/file-transfer](http://www.realbalance.com/file-transfer). The case study will be graded using the Case Study Rubric. 75% is the passing grade.

### **On-line Multiple-Choice Exam**

At the end of the online class, you will receive a link to complete the open book online multiple-choice exam. You will receive your grade immediately. 75% is the passing grade. If you do not pass the exam, you may retake the exam until you receive a passing score. You may use your class notes and books for this exam.

### **Self-Paced Ethics/Legal Module**

The self-paced web based two hour Ethics/Legal modules may be found at the Coch Center Member Portal (see below for directions)

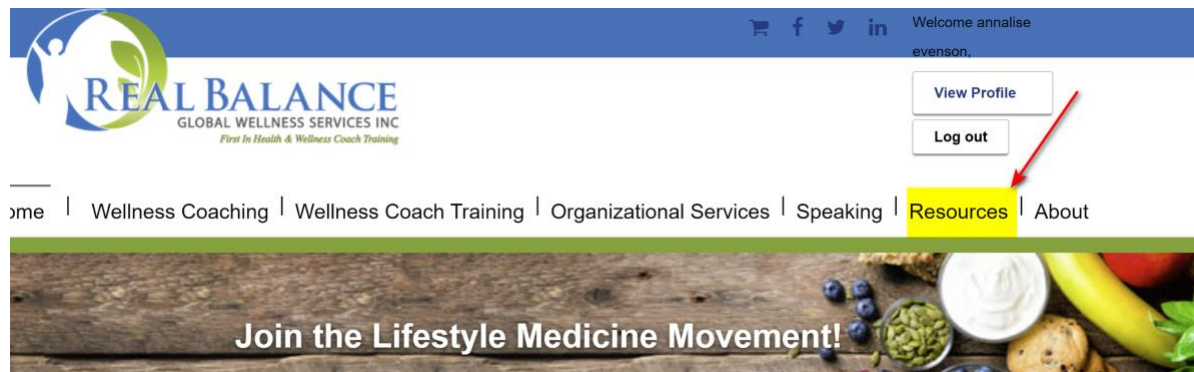
## How to Assess: Your Foundation Class Materials, Your Class Forum for Class Recordings & Dr. Arloski's Coaching Demos

1. Login to the Real Balance website



### To Access the Foundation Class Materials

2. Select and click on **Resources** at the top right of the screen

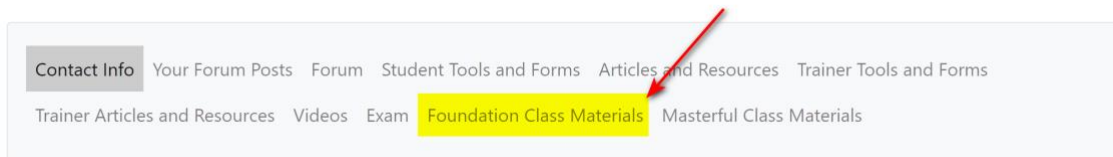


3. Click on Coach Center Member Portal

## Resources

Coach Center	Marketplace	Resources
		
<ul style="list-style-type: none"><li>Login / Logout or Register</li><li><b>Coach Center Member Portal</b></li><li>Real Balance Forum</li></ul>	<ul style="list-style-type: none"><li>Course Services</li><li>Wellness Market</li><li>Wellness CEU's</li></ul>	<ul style="list-style-type: none"><li>Wellness Resources</li><li>Wellness Research</li><li>Wellness Newsletter Archive</li></ul>

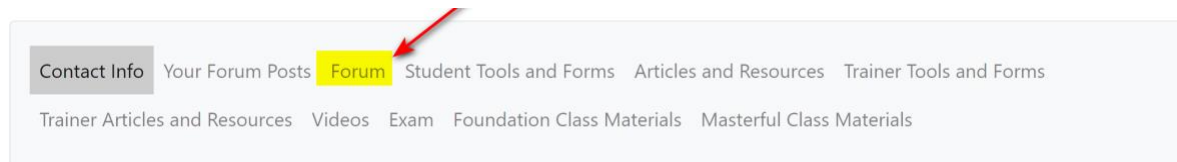
4. Scroll down to the box below your name and click on Foundation Class Materials



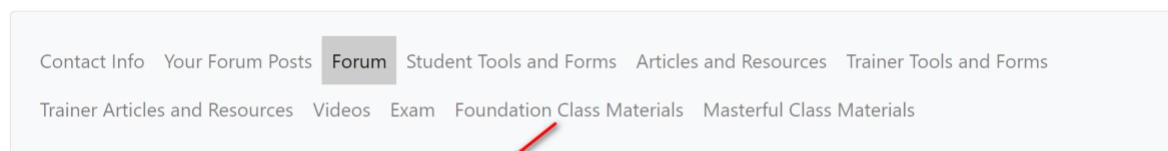
5. Select the link to the desired class

## To Access Your Class Forum with Class Recordings

1. From the box below your name click on Forum



2. Click on Go to Forum




Forum Link

Go to the forum

3. Scroll down and click on your class



4. Click on Class Recordings

0 Replies	 <b>Class Recordings</b> Topic started, 3 years 3 weeks ago, by <b>deborah</b>	60 Views	Last Post by <b>deborah</b> 3 years 3 weeks ago
			

5. Click on the link to the desired recording.



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Recordings

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TOPIC: Class Recordings

Class Recordings 1 month 2 weeks ago #1976

**deborah**  
  
OFFLINE  
Administrator  
Posts: 175  
Thank you received: 57  
Karma: 4

Below are the recordings of the Wellness & Health [Coach](#) Certification class you are registered for. When you miss a class please watch the recording and then ask you instructor for the questions to answer to gain credit for the missed class. To gain certification only 2 classes may be missed.

4/16/19 - Class 1  
zoom.us/recording/sh...rtTime=1555429484000

4/18/2019 - Class 2  
zoom.us/recording/sh...rtTime=1555601941000

4/23/19 - Class 3  
zoom.us/recording/sh...rtTime=1556034468000

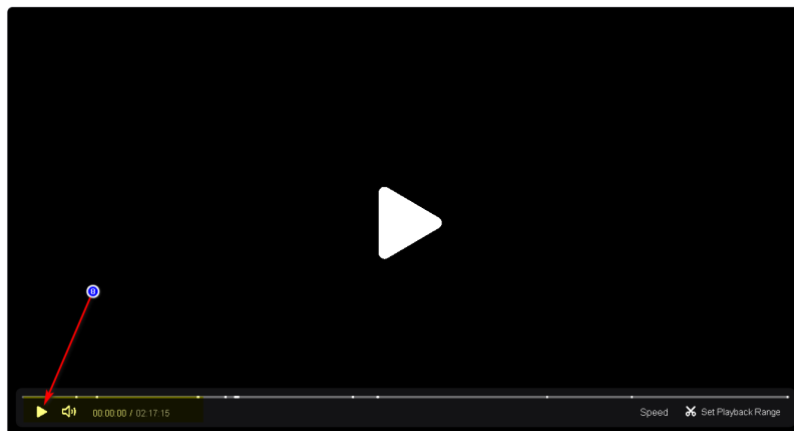
4/25/19 - Class 4  
zoom.us/recording/sh...rtTime=1556207371000

4/30/19 - Class 5  
zoom.us/recording/sh...rtTime=1556638732000

6. When the recording launches click on the arrow to start. Sometimes the Zoom recording begins before the start of the class. You may need to fast forward until you see the PowerPoint and hear speaking.

zoom

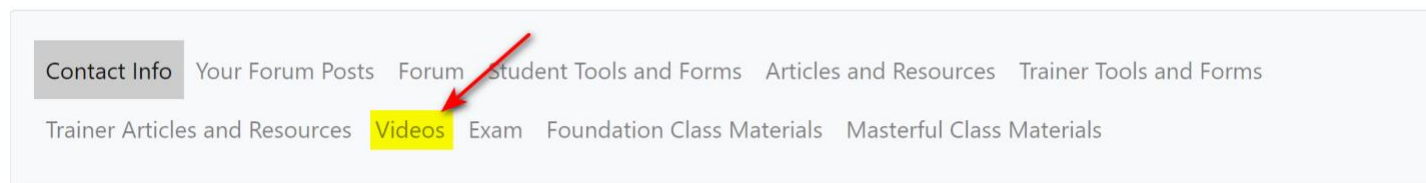
Health & Wellness Coach Certification Class 3 - Shared screen with speaker view





## To Access Dr. Arloski's Coaching Demos

1. From the box below your name click on Forum



1. Scroll down to the links to the Coaching Demos:

### Wellness & Health Coach Certification Video



2. All of the videos are listed on the right (where the arrow is pointing). Scroll through to select the one you want to watch
3. Click on the desired video name to launch it

