



"First in Health &
Wellness
Coach Training"

Health Coach Education in Universities

As colleges and universities recognize the need to equip their students with education and certification in health and wellness coaching that is recognized as meeting national standards, curriculums are being modified and developed to meet this need. The National Board for Health and Wellness Coaching has developed standards for the approval of programs that prepare students to qualify to take the National Health and Wellness Coach Certifying Examination (developed and administered in partnership with the National Board of Medical Examiners).

To meet the qualifications for program approval college and university faculties often find themselves confronted with a challenging path. While faculty are often highly skilled educators and professionals in their chosen fields, such as Public Health, Nursing, Social Work, etc., they often are not yet trained as health and wellness coaches themselves and often lack actual experience in practice.

The NBHWC requires a significant portion of a program's faculty to already have these qualifications and to be NBHWC certified. Additionally, the development of an entire health and wellness coaching curriculum, from scratch, is extremely labor intensive, often requiring faculty to make critical decisions about content for a field in which they are unfamiliar. Once developed, the administration of such a program and the application process for NBHWC approval is also quite time consuming for a new program.

The Value Proposition

Real Balance recognizes that the trend of developing health and wellness coaching programs in higher education is vital, vigorous and inevitable. We care about the field of health and wellness coaching being populated by coaches whose competency maintains and improves the quality of the field. To meet the need for high-quality health and wellness coaching in higher education we have developed a program to assist colleges and universities in their pursuit of offering such programs and eventually attaining NBHWC approval if they so desire.

Our Value Proposition is to educate and train your select faculty to become highly skilled professional health and wellness coaches, and trainers capable of delivering a certification program already approved by the NBHWC, that is the Health & Wellness Coaching Program delivered by Real Balance Global Wellness Services, Inc.

Providing the Curriculum

Once your faculty member(s) is/are trained, we will provide you with the curriculum that can be immediately integrated into your academic setting along with all support materials needed (Power point Presentations, Coaching demo videos, exhaustive training materials, workbooks, coaching tools, forms, grading rubrics, etc.). Real Balance will assist your faculty in the development, design, and marketing of your program. You will have access to the Real Balance Coach Center which houses in-depth resources for both faculty and students. We will assist you in the evaluation of student performance until your faculty wants to take over that task.

Real Balance will meet you where you are and assist you in developing your program design as well as support your instructors in becoming great health coaches and trainers. As your faculty achieves the needed qualification level and experience, Real Balance will assist you with the NBHWC application process if you choose to move in that direction. However, many of the universities that we work with have recognized the advantages of simply continuing to offer this certification through Real Balance.

About Us

You'll also benefit from aligning your program with Real Balance Global Wellness Services, Inc. — the pioneering and premier health and wellness coach training organization in the field. Founded by Dr. Michael Arloski, author of the field's foundational texts "Wellness Coaching for Lasting Lifestyle Change" and "Masterful Health and Wellness Coaching: Developing Your Craft", Real Balance brings unmatched credibility. Dr. Arloski also served for 12 years on the board of the NBHWC and was one of its founding members.