



Wellness & Health Coach Certification

Days/Dates:

Instructor:

Class Time:

**Wellness & Health Coach Manual
Syllabus**

Class	Topic	Date
1.	Introduction to the Course/Wellness from the Inside Out	
2.	Wellness, Wellness Coaching and the Mindset Shift	
3.	Positive Psychology and 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 360°© Assess & Explore	
10.	Wellness Mapping 360°© The Wellness Plan	

Class	Topic	Date
11.	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 submit a summary of the class session to your instructor. 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.

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. 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

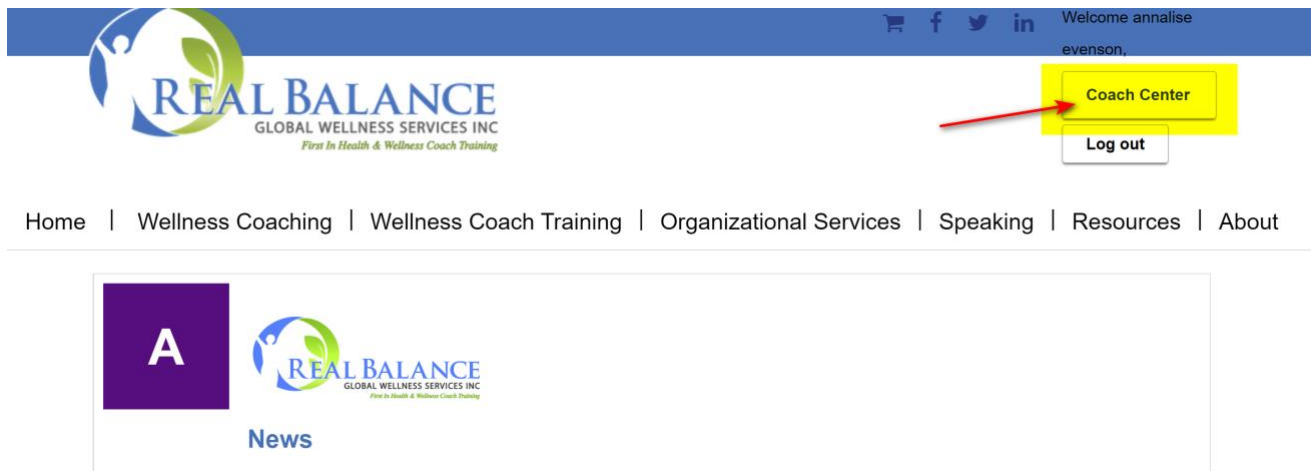
The self-paced web based two hour Ethics/Legal modules **MUST BE COMPLETED AND SUBMITTED** to your instructor prior to the end of the course.

How to find Your Class Forum & the Class Recordings

1. Login to the Real Balance website www.realbalance.com

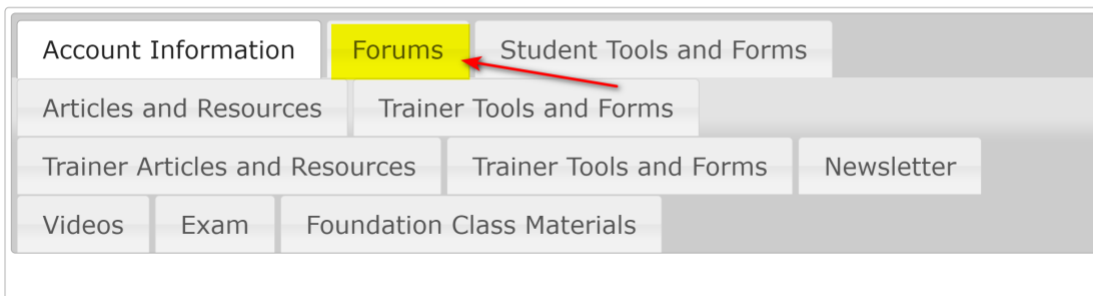


2. Select and click on **Coach Center** at the top right of the screen



3. Click on **Forums**

Account Information



4. Scroll down and click on your class



Creating Allies for

For more

Home	About Wellness Coaching	Wellness Coach Training	Corporate Services	Our Faculty	Sp
	2019 Wellness & Health Coach Certification webinar 6pm - 8pm Eastern time	22 Topics	0 Replies	Last Post: Readiness for Change ... by amevenson 4 months 1 day ago	
	Group Wellness Coaching - February 6, 2019	17 Topics	0 Replies	Last Post: Class Recordings by deborah 3 months 3 weeks ago	
	Advanced Wellness Coaching Competencies: Practice and Application - February 2019 Class Dates February 19th, 26th March 5, 12, 19, 26 April 23, 30, May 7, 14	16 Topics	0 Replies	Last Post: PPT SLIDES LESSON 1 by Dr.Michael 3 months 2 weeks ago	
	Wellness & Health Coach Certification webinar - April 12pm - 2pm of 2019 This forum is for the participants in the Wellness & Health Coach Certification webinar that began on April 16, 2019 12pm - 2pm Eastern time.	35 Topics	0 Replies	Last Post: Class Recordings by deborah 1 month 2 weeks ago	
	Wellness & Health Coach Certification webinar - April 2019 6pm - 8pm Et This forum is for the participants in the Wellness & Health Coach Certification webinar that began on April 16, 2019 6pm - 8pm Eastern time.	30 Topics	0 Replies	Last Post: ICF Ethics & Code o ... by amevenson 3 hours 53 minutes ago	
	2019 Wellness & Health Coach Certification training - Minneapolis This forum is for the participants of the training that took place in Minneapolis may of 2019.	2 Topics	2 Replies	Last Post: Completion Requireme ... by deborah 3 weeks 16 hours ago	

5. Click on Class Recordings

Index
Recent Topics
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Welcome, amevenson ▶ Private Messages
▶ Preferences

Last login: 12 minutes ago

[Logout](#)

■ Forum ▶ Wellness Classes ▶ Wellness & Health Coach Certification webinar - October 18 2022

Mark All Read Wellness Professionals ▾

New Topic
 Mark Topics Read
 Subscribe
 Page: **1**

Wellness & Health Coach Certification webinar - October 18 2022			
0 Replies		Class Recordings Topic started, 11 months 2 weeks ago, by deborah	79 Views
		Last Post by deborah 11 months 2 weeks ago	

5. Click on the link to the desired recording.

The screenshot shows the REAL BALANCE website header with the logo and tagline "GLOBAL WELLNESS SERVICES INC. First In Health & Wellness Coach Training". The navigation menu includes Home, About Wellness Coaching, Wellness Coach Training, Corporate Services, Our Faculty, and Special. Below the menu is a forum post titled "Class Recordings" with 1975 replies. The post is by user "deborah", an administrator with 175 posts and a karma of 4. The post content lists five class recordings with their respective Zoom links. The third recording, "4/23/19 - Class 3", is highlighted in yellow, and a red arrow points to its link.

REAL BALANCE
GLOBAL WELLNESS SERVICES INC
First In Health & Wellness Coach Training

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For more in

Home About Wellness Coaching Wellness Coach Training Corporate Services Our Faculty Special

Recordings

REPLY TOPIC SUBSCRIBE FAVORITE

TOPIC: Class Recordings

Class Recordings 1 month 2 weeks ago #1975

deborah
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.

The screenshot shows a Zoom video player interface. The title bar reads "zoom Health & Wellness Coach Certification Class 3 - Shared screen with speaker view". The main area is a black rectangle with a large white play button in the center. A red arrow points to the play button. At the bottom, there is a playback control bar with a play button, a progress bar showing "00:00:00 / 02:17:15", and options for "Speed" and "Set Playback Range".

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

00:00:00 / 02:17:15 Speed Set Playback Range

How to find Dr. Arloski's Coaching Demos

1. Login to the Real Balance website



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





3. Scroll all the way down to:

Wellness & Health Coach Certification Video



4. All of the videos are listed on the right (where the arrow is pointing). Scroll through to select the one you want to watch

5. Click on the desired video name to launch it



WM360 Stage Two:
Co- Creating The
Wellness Plan:

WM360 Stage Three:
Providing
Accountability and
Support: 11:30

WM360 Stage Four:
Ongoing Evaluation:
10:53