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The Real Balance logo is at the top left. The main title is "Wellness & Health Coach Certification Training" in a large, bold, serif font. Below it, in a smaller font, is "Powered by Real Balance GWS". At the bottom, it says "Developed by Michael Arloski, Ph.D., PCC, NBC-HWC And The Real Balance Team".

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Real Balance Wellness & Health Coach Certification Requirements

Wellness and Health Coach Certification will be awarded with completion of the following requirements.

Training Hours

- 40 hours of interactive in class learning

Successful Completion

- 100% of activity must be attended (6 hours maybe made up).
- 6 Buddy Coaching Sessions (outside of class)
- Completion of /Ethics & Legal Module (2 hrs.)
- Completion of final exam with 75% or higher
- Completion of a Case Study report on 6 sessions with a client or volunteer
- Participation in practice with instructor feedback

ICF credit only: An additional audio recording of a coaching session will need to be submitted for written feedback to gain the 40 Level One Training Hours with the ICF (an additional charge applies - ICF credit only)

- Certification is Renewed every 3 years with documentation of 30 training hrs. in a related field

 A small image of a person in a black graduation cap and gown, holding a diploma.

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Required Reading

 Two book covers are shown side-by-side. The left book is "Wellness Coaching for Lasting Lifestyle Change" by Michael Arloski, Ph.D., PCC, NBC-HWC, Second Edition. The right book is "Masterful Health & Wellness Coaching: Deepening Your Craft" by Michael Arloski, Ph.D., PCC, NBC-HWC.

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This course is approved for 40 Professional Development contact hours for; Nurses, NCHCE(CHE),SHRM, EAP, CDR and 40 ICF Approved Level One Training Hours. This class is the first step on the National Board for Health & Wellness Coaching Path.

"This nursing continuing professional development activity was approved by the American Holistic Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.



Approval for contact hours through the American Holistic Nurses Association (AHNA) is based on an assessment of the educational merit of this program and does not constitute endorsement of the use of any specific modality in the care of clients.

Conflict of Interest: No conflict of interest exists for any individuals in a position to control content.

 Logos for the International Coach Federation (ICF), the National Commission for Health Education Credentialing (NCHEC), and the National Board for Health & Wellness Coaching (NBHWC).


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Real Balance Professional Pathways

<p>Professional Wellness & Health Coach Certification - NBHWC Path</p>  <ul style="list-style-type: none"> • Wellness & Health Coach Certification (40 hrs.) • Healthy Living and Chronic Illness (15 hrs. self-paced - online) • Masterful Wellness and Health Coaching: Advanced Skills & Craft (28 hrs.) <p>Additional Requirements</p> <ul style="list-style-type: none"> • Add 10 hrs. of Mentor Coaching and one additional recording and qualify to apply for the ICF ACC Credential. 	<p>Professional Wellness & Health Coach Certification - ICF Path</p>  <ul style="list-style-type: none"> • Wellness & Health Coach Certification (40 hrs.) • Masterful Wellness and Health Coaching: Advanced Skills & Craft (28 hrs.) • Mentor Coaching (10 hrs.) <p>Additional Requirements</p> <ul style="list-style-type: none"> • Healthy Living and Chronic Illness (15 hrs. self-paced - online) – Optional addition to gain NBHWC Certification simultaneously at no extra charge
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Preparing For The National Board & Wellness Coaching Exam



- The Wellness & Health Coach Certification is fully approved by The National Board For Health and Wellness Coaching (NBHWC) as part of the Real Balance Professional Wellness & Health Coach Certification path.
- Review www.nbhwc.org for all details and requirements
- This National Certification is optional, not required by any law. it is, however, **highly desirable**.
- You will need to document 50 sessions of coaching experience POST-P.S.A. (after you complete your Personal Skills Assessment at the end of the Professional HWC Path) as an additional NBHWC requirement – see their website for details
- Real Balance has an Exam Study Group available.

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Purpose Statement



The purpose of this program is... to train wellness & health professionals in the use of Wellness Coaching skills to assist their clients in making lasting lifestyle change. Participants learn a systematic coaching process, based on behavioral change psychology, human motivation, health promotion, and professional coaching competencies. They gain the skills to support and motivate their clients/patients to make the behavioral changes needed to live healthier lives.


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Training Outcomes Overview

- Possess a solid foundation in wellness concepts affecting lifestyle and health.
- Demonstrate Proficiency in the Wellness Mapping 360°™ framework for wellness coaching and use of its related materials and tools.
- Gain awareness of the Professional Standards, Ethics & Scope of Practice specific to Health & Wellness Coaching
- Achieve basic competency in core coaching skills.
- Demonstrate knowledge and ability to use “Readiness For Change” theory to support client change and forward movement.
- Develop an understanding of client motivation, the value of purpose, empowerment, “loop-hole free” accountability, and the value of connectedness.

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Getting Connected




- Introductions
- Agreements
- Buddies

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What Is Your Intention?

- Take time to get clear on the nature of your intention in taking this course.
- By the end of the training I want to...
- What would using the Wellness & Health Coach skills in my work look like...?



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What Makes A Good Coach?

What are your

- Strengths?
- Weaknesses or Challenges?



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Ethics and Scope of Practice



NATIONAL BOARD FOR HEALTH & WELLNESS COACHING
 • CODE OF ETHICS
 • SCOPE OF PRACTICE



INTERNATIONAL COACH FEDERATION
 • CODE OF ETHICS

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What Is Wellness?

“Wellness is the experience of living life with high levels of awareness, conscious choice, self-acceptance, interconnectedness, love, meaning and purpose.”



Wellness is living your life consciously in ways that enhance your health and wellbeing.

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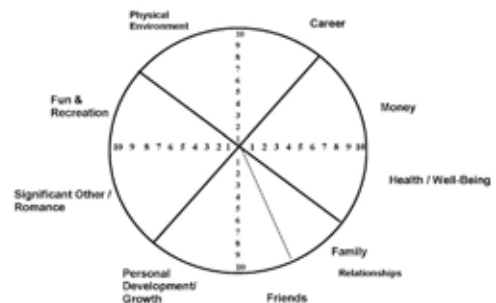
YOUR PERSONAL WELLNESS FOUNDATION




- Being committed to living a wellness lifestyle yourself
- Credibility & integrity
- Empathy
- Your own health & wellness
- Learn as a provider and a consumer

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The Wheel of Life



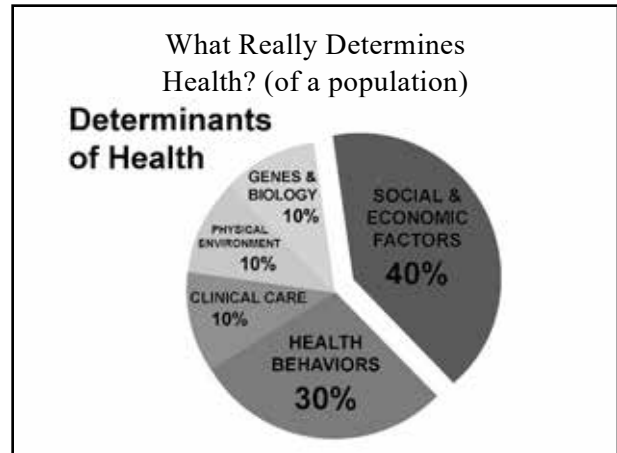
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Wellness & Health Coaching Training 

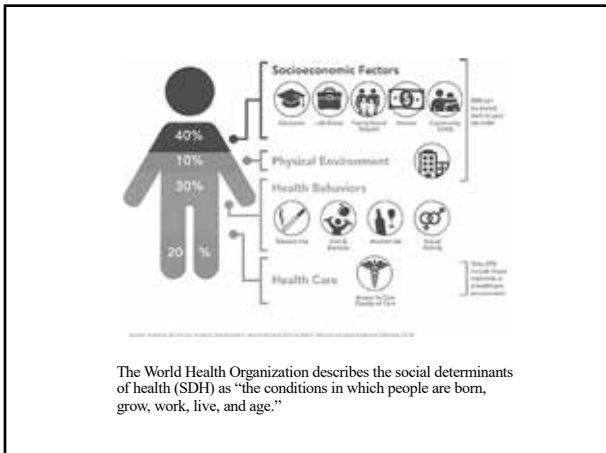
Class Two

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What Are and Were the SDH's Where You Have Lived and Live Now?

Hometown	Where You Live Now
	

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Genetics Is Overrated!

Longevity Is 80% Lifestyle & Culture



BLUE ZONES
LONGEVITY HOTSPOTS

BLUE ZONE LIFE LESSONS

- MOVE NATURALLY
- PURPOSE
- DOWNSHIFT STRESS
- EAT WISELY - 80% RULE
- PLANT SLANT DIET
- WINE AT FIVE
- FAITH COMMUNITY
- LOVED ONES FIRST
- BELONG TO THE RIGHT TRIBE! (Supportive Social Circles)

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Common Denominators Of Blue Zone Longevity And Wellness



- Move Naturally
- Purpose
- Downshift Stress
- Eat Wisely – 80% rule
- Plant Slant Diet
- Wine at Five
- Faith Community
- Loved Ones First
- Belong to the Right Tribe! (Supportive Social Circles)

www.bluezones.com

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Wellness Coaching Definition

"Certified Health and Wellness Coaches are professionals from diverse backgrounds and education who work with individuals and groups in a client-centered process to facilitate and empower the client to achieve self-determined goals related to health and wellness. Successful coaching takes place when coaches apply clearly defined knowledge and skills so that clients mobilize internal strengths and external resources for sustainable change."



The National Board For Health & Wellness Coaching

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Wellness Coaching

Wellness coaching is the application of the principles and processes of professional life coaching to the goals of lifestyle improvement for higher levels of wellness.



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Coaching Distinctions

Coaching versus:

- Therapy and Counseling
- Consultation
- Mentoring



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It All Starts With A Mindset Shift



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Can allow you to let go of the Expert Role and be a true Ally?
Can allow you to let go of the Expert Role and be a true Ally?
Can you to let go of the Expert Role and be a true Ally?

Ally Not Expert - The Mindset Shift



(Chapter 2)

- The expert is the consultant, analyzing a situation and making recommendations.
- The ally is the assistant, helping the person achieve what they want to achieve.
- Can you let go of the expert role and be a true ally?

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The Mindset Shift



- Prescribe and Treat
- Educate and Implore
- Advocate and Inspire

(Chapter 2)

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The Mindset Shift



Prescribe and Treat

- Works fine in the Treatment Model
- Is really a CONSULTING Model
- Relies on authority of position
- Assumes much responsibility
- Clients don't like to be told how to behave!
- Low compliance with low alliance! (Chapter 2)

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The Mindset Shift



Educate and Implore

- Health Educator Approach
- Relies almost totally on information
- Assumes a "If they know, they will do" principle
- Almost requires "begging"! "Please change!"
- Very easy for client to accept the information (much of which they knew anyway) and then take no action

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The Coaching Mindset: Advocate & Inspire!

- See our clients as whole and not in need of "fixing".
- Be the wellness ally, the guide
 - Not treatment provider
 - Not teacher
 - Not supervisor



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The Coaching Mindset: Advocate & Inspire!



- THE COACH' S CHALLENGE:
- To make the shift to Advocate and Inspire and remember it!
- To apply the Coach Approach and refer the rest.
- To remain an ally, not a treatment provider or educator exclusively.

(Chapter 2)

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How Does This Mindset Shift Affect YOU In Your Setting?

- What will make it challenging for you to shift and remember it?
- What will make it easier?



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Wellness Coaching Evidence –

- **Sforzo, Kaye, Todorova, et al. (2017).** **Compendium of the Health and Wellness Coaching Literature.** American Journal of Lifestyle Medicine, 1559827617708562. <http://journals.sagepub.com/doi/full/10.1177/1559827617708562>
- **Sforzo, G. A., et.al (2019).** **Compendium of Health and Wellness Coaching: 2019 Addendum.** American Journal of Lifestyle Medicine. <https://doi.org/10.1177/1559827619850489>
- **Ruth Q. Wolever, Making the Case for Health Coaching: How to Help the CFO Understand — Real Balance Coach Center – April 2018 Free Monthly Webinar.** Located in Real Balance website (www.realbalance.com) || Wellness Resources || Most Recent Free Webinars.

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