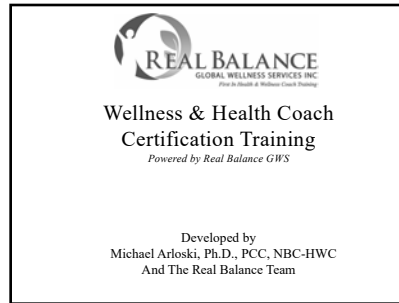
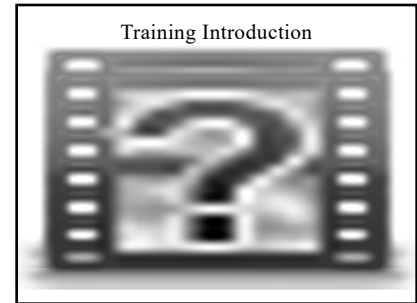




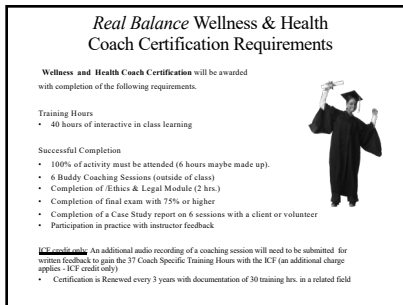
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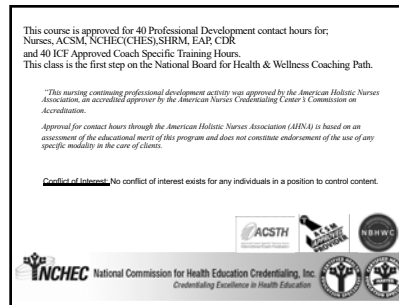
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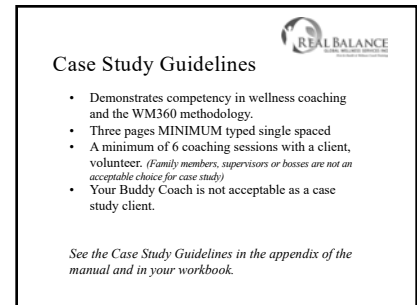
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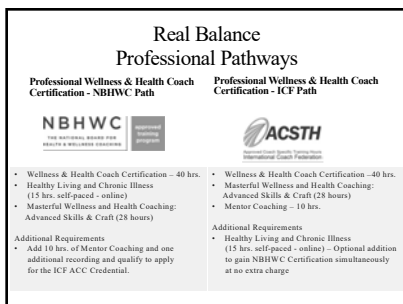
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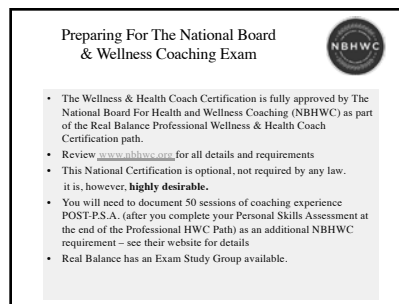
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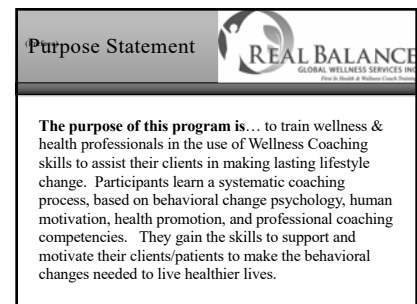
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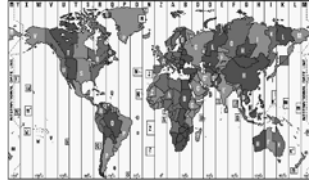
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Training Outcomes Overview

- 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.

10

Getting Connected – Buddy Up!



11

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...?



12

What Makes A Good Coach?

What are your

- Strengths?
- Weaknesses or Challenges?



(Chapter 1)

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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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Wellness & Health Coaching Training

Class Two



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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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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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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 A New Paradigm



"I think we are on the verge of a major paradigm shift in promoting health and wellness driven by coaching. Coaching provides a positive connection—a supportive relationship—between the coach and the person who wants to make a change. That connection empowers the person being coached to recognize and draw on his or her own innate ability and resources to make lasting changes for better health and well-being."

Anne Helmke for the National Wellness Institute

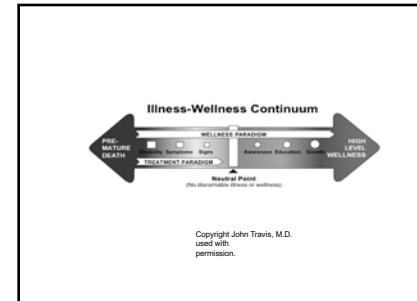
And...the shift has already happened!

19

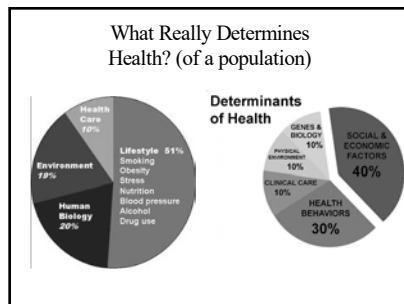
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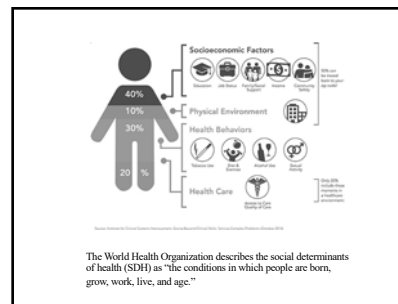
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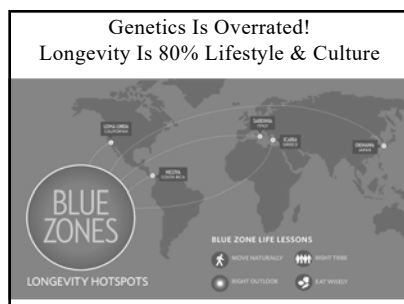
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Common Denominators Of Blue Zone Longevity And Wellness



- 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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