

## HOMWORK CHART

**Legend:**

**Red:** Articles in the Real Balance Dropbox  
**Green:** Tools to take or review before next class

**Required Real Balance Books:** *Wellness Coaching for Lasting Lifestyle Change, 2<sup>nd</sup> Edition* & *Masterful Health & Wellness Coaching*

Class Topic	Homework - Preparation for discussion	Optional Reading/Watching	Tools
Classes 1 & 2 Wellness from the Inside Out	<ol style="list-style-type: none"> <li>1) <b>Wellness Coaching for Lasting Lifestyle Change</b> <ul style="list-style-type: none"> <li>• Chapter 1: Towards a Psychology of Wellness, pages 27-35</li> <li>• Chapter 5: Becoming a Wellness Coach, pages 91-99</li> </ul> </li>   <li>2) <b>Coaching Ethics:</b> <ul style="list-style-type: none"> <li>• <b>ICF- NBHWC Mapping of Code of Ethics</b></li> </ul> </li> </ol>		
Class 3 Making the Mindset Shift	<ol style="list-style-type: none"> <li>1) <b>Wellness Coaching for Lasting Lifestyle Change</b> <ul style="list-style-type: none"> <li>• Chapter 2: Grounded in Wellness: Basic Wellness Principles, pages 38-50</li> <li>• Chapter 3: Taking Wellness One-on-One, pages 59-75</li> </ul> </li>   <li>2) <b>Masterful Health &amp; Wellness Coaching</b> <ul style="list-style-type: none"> <li>• Self-Determination Theory – Chapter 6 Advanced Coaching Skills and Methods, pages 186-193</li> <li>• Motivational Interviewing - Chapter 9 Coaching through the Internal Barriers to Change pages 329-345</li> <li>• Positive Psychology and Wellness Coaching – Chapter Four pages 126-130</li> </ul> </li> </ol>	<p><b>Broadening &amp; Building through Positive Emotions by Barbara Frederickson</b></p>	

Class Topic	Homework - Preparation for discussion	Optional Reading/Watching	Tools
<p>Classes 4-6</p> <p>The Coaching Alliance</p>	<p>1) <b>Wellness Coaching for Lasting Lifestyle Change</b> Chapter 6: Creating the Alliance pages 101-121</p> <p>2) <b>Masterful Health &amp; Wellness Coaching</b> A Deeper Look at Active Listening Chapter 7 – pages 226-238</p> <p>3) <b>Additional Articles:</b></p> <ul style="list-style-type: none"> <li>• <b>ICF Core Coaching Competencies Mapped to NBHWC Practical Skills</b></li> <li>• <b>The Value Proposition of Coaching</b></li> <li>• <b>Putting Together a Welcome Packet</b></li> <li>• <b>The Coaching Conversation &amp; Session Structure</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Coaching versus Psychotherapy in Health &amp; Wellness by Meg Jourdan</b></li> <li>• <b>Co-Creating the Agenda by Dr. Arloski – Structuring Great Wellness Coaching Sessions</b></li> </ul>	<ul style="list-style-type: none"> <li>1) <b>Wheel of Life</b></li> <li>2) <b>Additional Wheels</b></li> <li>3) <b>Welcome Packet</b></li> <li>4) <b>Coaching Agreement</b></li> </ul>

Class Topic	Homework - Preparation for discussion	Optional Reading/Watching	Tools
Class 7 - Readiness for Change	<p>1) <b>Masterful Health &amp; Wellness Coaching</b></p> <ul style="list-style-type: none"> <li>• The Transtheoretical Model – Chapter 8 Forward Momentum, pages 280-311</li> <li>• Readiness for Lifestyle Change: Integrating Prochaska and Bandura, pages 309-311</li> </ul>		<p>Readiness forChange assessment tool</p> <ul style="list-style-type: none"> <li>• 10 Questions Tool</li> <li>• 5 Questions Tool</li> </ul>
Class 8 – W M 360°© – Assess & Explore	<p>4) <b>Wellness Coaching for Lasting Lifestyle Change</b> Chapter 7: Charting the Course, Part I, pages 123 – 149</p> <p>5) <b>Additional Articles:</b> <b>Case studies: Ken Black &amp; Bill</b></p>		
Class 9 – W M 360°© – The Wellness Plan	<p>1) <b>Wellness Coaching for Lasting Lifestyle Change</b> Chapter 8: Charting the Course, Part II, pages 153- 165</p> <p>2) <b>Masterful Health &amp; Wellness Coaching</b> Enhanced Goal Setting and Planning with TTM and WM360, pages 306-309</p>		<p>Well Life Vision Tool Well Life Focus Tool Well Life Map Tool</p>

Class Topic	Homework/Preparation for discussion	Optional Reading/Watching	Tools
Class 10 – W M 360°© – Accountability & Support	<p>1) <b>Wellness Coaching for Lasting Lifestyle Change</b>            Chapter 8: Charting the Course, Part II, pages 196- 200            Chapter 9 Pages 225-227 (Coaching for Connectedness)            Chapter 10 Pages 239-251</p>	<p><b>The 360 Wellness Mapping Methodology Flow Chart</b></p>	<p>5) <b>Real Balance Tracking Tool</b>            6) <b>Connectedness Scale</b></p>
Class 11 – W M 360°© – Ongoing Evaluation	<p>1) <b>Wellness Coaching for Lasting Lifestyle Change</b>            Chapter 8: Charting the Course, Part II, pages 201 -202            Chapter 8: Charting the Course, Part II, pages 190 -193 (The inner Critic)</p> <p>2) <b>Masterful Health &amp; Wellness Coaching</b>            Coaching a Client Through to a Mental Health Referral Using the Stages of Change, pages 347-351.</p> <p>3) <b>Additional Articles</b></p> <ul style="list-style-type: none"> <li>• <b>When &amp; How to Refer a Client to Therapy and Other Helping Professionals (Chart from the ICF)</b></li> <li>• <b>Referring a Client to Therapy – A Set of Guidelines (ICF White Paper)</b></li> </ul>	<p>The Quandary of Closeness And Compassion in Coaching (Dr. Arloski's Blog)  <a href="https://realbalancewellness.wordpress.com/2018/08/03/the-quandary-of-closeness-and-compassion-in-coaching/">https://realbalancewellness.wordpress.com/2018/08/03/the-quandary-of-closeness-and-compassion-in-coaching/</a></p> <p>Compassionate Detachment: The Being and Doing of Coaching Part One. (Dr. Arloski's Blog):  <a href="https://realbalancewellness.wordpress.com/2011/05/11/compassionate-detachment-the-being-and-doing-of-coaching-part-one/">https://realbalancewellness.wordpress.com/2011/05/11/compassionate-detachment-the-being-and-doing-of-coaching-part-one/</a></p>	
Class 12 – W M 360°© – Measurable Outcomes	<p>1) <b>Wellness Coaching for Lasting Lifestyle Change</b>            Chapter 8: Charting the Course, Part II, pages 202-204</p>		

Class Topic	Homework/Preparation for discussion	Optional Reading/Watching	Tools
Class 13 – Efficient Coaching and Making It Stick	<p>1) <b>Wellness Coaching for Lasting Lifestyle Change</b> Chapter 6: Pages 110-113 (Time Limited Coaching) Chapter 8 Charting the Course Part II, Pages 204-205 (The Power of Habit) &amp; 184- 188 (Self-care/Self-Permission) &amp; Pages 214-225</p> <p>2) <b>Masterful Health &amp; Wellness Coaching</b> - Time-Limited Coaching Laser Coaching, pages 262-269</p>	<p><b>2019 American Psychological Association Survey on Stress</b></p> <p><u>Stress, Recovery and Resilience - Part 1</u></p> <p><u>Stress, Recovery and Resilience - Part 2</u></p> <p><u>Stress, Recovery and Resilience - Part 3</u></p>	<ul style="list-style-type: none"> <li>• Coaching Prep Form</li> <li>• Self-Permission/Self-Denial Inventory</li> </ul>
Class 14 – Lifestyle and Wellness Coaching	<p>1) <b>Wellness Coaching for Lasting Lifestyle Change</b> Chapter 10 Pages 237-244</p> <p>2) <b>Masterful Health &amp; Wellness Coaching</b> Chapter 10 Pages 356-357(Intro and Scope of Practice) &amp; Pages 376-380 (Lifestyle Medicine)</p> <p>3) <b>Additional Articles:</b></p> <ul style="list-style-type: none"> <li>• Case Study Martha</li> <li>• Case Study Angelina</li> </ul>		
Classes 15 & 16 – Coaching Clients with Health Challenges	<p>1) <b>Wellness Coaching for Lasting Lifestyle Change</b></p> <ul style="list-style-type: none"> <li>• Chapter 10 Pages 245-251</li> </ul> <p>2) <b>Masterful Health &amp; Wellness Coaching</b></p> <ul style="list-style-type: none"> <li>• Chapter 10 Advanced Coaching Skills and Methods:</li> <li>• Pages 362-371 – Identity, Grief &amp; Loss</li> <li>• Pages 371-376 – Coaching for Medical Compliance</li> <li>• Pages 380-387- Coaching through the 3 R's</li> </ul>	<ul style="list-style-type: none"> <li>• The Change Paradox</li> <li>• Astonishing Non-Compliance</li> </ul>	<p>Milestone Tool</p>

Class Topic	Homework/Preparation for discussion	Optional Reading/Watching	Tools
Classes 17 & 18 – Coaching Clients with Specific Health Challenges	1) <b>Masterful Health &amp; Wellness Coaching</b> Pages 387-393 – Case Study Diabetic Client Jim		
Classes 19 & 20 – Coaching for Healthy Weight Management and Fitness	1) <b>Coaching the Challenge of Healthy Weight</b>		