

HOMEWORK CHART

Updated February 2025

Legend:

Red: Articles in the Real Balance Coach Center

Green: Tools available in the Real Balance Coach Center

Required Real Balance Books: *Wellness Coaching for Lasting Lifestyle Change, 2nd Edition* & *Masterful Health & Wellness Coaching*; Dr. Michael Arloski

CLASS TOPIC	HOMEWORK - PREPARATION FOR DISCUSSION	OPTIONAL READING/WATCHING	TOOLS
CLASS 1 Introduction to the Course Wellness from the Inside Out	1) Wellness Coaching for Lasting Lifestyle Change <ul style="list-style-type: none"> Chapter 1: Towards a Psychology of Wellness, pages 27-35 Chapter 5: Becoming a Wellness Coach, pages 91-99 2) Coaching Ethics: <ul style="list-style-type: none"> ICF- NBHWC Mapping of Code of Ethics NBHWC Scope of Practice 		<ul style="list-style-type: none"> Wheel of Life Additional Wheels
CLASS 2 Factors that Impact Wellness Wellness Coaching & the Mindset Shift	1) Wellness Coaching for Lasting Lifestyle Change <ul style="list-style-type: none"> Chapter 2: Grounded in Wellness: Basic Wellness Principles, pages 38-50 Chapter 3: Taking Wellness One-on-One, pages 59-75 	Coaching versus Psychotherapy in Health & Wellness by Meg Jordan	

CLASS TOPIC	HOMEWORK - PREPARATION FOR DISCUSSION	OPTIONAL READING/WATCHING	TOOLS
CLASS 3 Positive Psychology & Motivation	1) Masterful Health & Wellness Coaching <ul style="list-style-type: none"> Positive Psychology and Wellness Coaching – Chapter Four pages 126-130 Motivational Interviewing - Chapter 9 Coaching through the Internal Barriers to Change pages 329-345 	<i>Broadening & Building through Positive Emotions by Barbara Frederickson</i> <i>12 Roadblocks to Listening</i> <i>Pathways to Motivation: How Positive Psychology can spark enthusiasm and support lasting change with Kathleen Jones</i> <u>Pathways to Motivation</u> <i>Coaching with a Positive Psychology Approach to Wellness Motivation Using PERMA-V</i>	
CLASS 4 The Coaching Alliance/Core Competencies & Coaching Skills	1) Wellness Coaching for Lasting Lifestyle Change Chapter 6: Creating the Alliance pages 101-117 2) Additional Articles: <ul style="list-style-type: none"> <i>2021 Mapping ICF and NBHWC Core Competencies</i> <i>The Coach's Value Proposition</i> <i>Referring a Client to Therapy: A Set of Guidelines (white paper)</i> <i>ICF When and How to Refer a Client to Therapy and Other Helping Professionals (one sheet)</i> 	<i>Coaching versus Psychotherapy in Health & Wellness: Overlap, Dissimilarities and the Potential for Collaboration</i>	

CLASS TOPIC	HOMEWORK - PREPARATION FOR DISCUSSION	OPTIONAL READING/WATCHING	TOOLS
CLASS 5 The Coaching Alliance – Active Listening Skills	1) <i>Masterful Health & Wellness Coaching</i> A Deeper Look at Active Listening Chapter 7 – pages 226-238		
CLASS 6 The Coaching Alliance – Powerful Questions	1) <i>Wellness Coaching for Lasting Lifestyle Change</i> Pages 119-121 2) <i>Masterful Health & Wellness Coaching</i> Pages. 238-247		
CLASS 7 The Coaching Alliance/ Session Structure	1) <i>Additional Articles:</i> <ul style="list-style-type: none"> • <i>The Coaching Conversation & Session Structure</i> • <i>Putting Together a Welcome Packet</i> 	<ul style="list-style-type: none"> • <i>Co-Creating the Agenda by Dr. Arloski</i> • <i>Structuring Great Wellness Coaching Sessions Module - 1</i> https://youtu.be/LSiOkIKsMJ4 • <i>Structuring Great Wellness Coaching Sessions - Part 2 - Process & Progress Module - 2</i> https://youtu.be/CWQiM2F18_U • <i>Structuring Great Wellness Coaching Sessions – Part 3 – Accountability and Support Module - 3</i> https://youtu.be/Z_TARy2r3yI 	<ul style="list-style-type: none"> • <i>Welcome Packet</i> • <i>Coaching Agreement</i>

CLASS TOPIC	HOMEWORK - PREPARATION FOR DISCUSSION	OPTIONAL READING/WATCHING	TOOLS
CLASS 8 Readiness for Change	1) Masterful Health & Wellness Coaching <ul style="list-style-type: none"> The Transtheoretical Model – Chapter 8 Forward Momentum, pages 280-311 Readiness for Lifestyle Change: Integrating Prochaska and Bandura, pages 309-311 	Changing to Thrive (book) by James Prochaska, PhD and Janice Prochaska, PhD "Changing To Thrive: Using the Stages of Change to Overcome the top Threats To Your health and Happiness" An Interview with James and Janice Prochaska https://zoom.us/recording/play/hJ1BWxtIXKpE8qM8dreziRkd8d8cHK-Wn8QrUdHcM37d0JnSOiOFIGD0HwhHDCg8	Readiness for Change assessment tools <ul style="list-style-type: none"> 10 Questions Tool
CLASS 9 W M 360°© – Assess & Explore	1) Wellness Coaching for Lasting Lifestyle Change Chapter 7: Charting the Course, Part I, pages 123 – 149		
CLASS 10 W M 360°© – The Wellness Plan	1) Wellness Coaching for Lasting Lifestyle Change Chapter 8: Charting the Course, Part II, pages 153-165 & 252-258 (Ken & Bill Case Examples) 2) Masterful Health & Wellness Coaching Enhanced Goal Setting and Planning with TTM and WM360, pages 306-309		<ul style="list-style-type: none"> Well Life Vision Tool Well Life Focus Tool Well Life Map Tool

CLASS TOPIC	HOMEWORK/PREPARATION FOR DISCUSSION	OPTIONAL READING/WATCHING	TOOLS
CLASS 11 W M 360°© – Accountability & Support	1) Wellness Coaching for Lasting Lifestyle Change Chapter 8: Charting the Course, Part II, pages 196- 200 Chapter 9 Pages 225-227 (Coaching for Connectedness) Chapter 10 pages 239-251	<i>The 360 Wellness Mapping Methodology Flow Chart</i>	<ul style="list-style-type: none"> Real Balance Tracking Tool Connectedness Scale
CLASS 12 W M 360°© – Ongoing Evaluation	1) Wellness Coaching for Lasting Lifestyle Change Chapter 8: Charting the Course, Part II, pages 201 -202 Chapter 8: Charting the Course, Part II, pages 190 -193 (The inner Critic) 2) Masterful Health & Wellness Coaching Coaching a Client Through to a Mental Health Referral Using the Stages of Change, pages 347-351	The Quandary of Closeness and Compassion in Coaching (Dr. Arloski's Blog) https://realbalancewellness.wordpress.com/2018/08/03/the-quandary-of-closeness-and-compassion-in-coaching/ Compassionate Detachment: The Being and Doing of Coaching Part One. (Dr. Arloski's Blog): https://realbalancewellness.wordpress.com/2011/05/11/compassionate-detachment-the-being-and-doing-of-coaching-part-one/	
CLASS 13 W M 360°© – Measurable Outcomes	1) Wellness Coaching for Lasting Lifestyle Change Chapter 8: Charting the Course, Part II, pages 202-204		

CLASS TOPIC	HOMEWORK/PREPARATION FOR DISCUSSION	OPTIONAL READING/WATCHING	TOOLS
CLASS 14 Efficient Coaching and Making It Stick	<p>1) Wellness Coaching for Lasting Lifestyle Change Chapter 6: Pages 110-113 (Time Limited Coaching) Chapter 8 Charting the Course Part II, Pages 204-205 (The Power of Habit) & 184- 188 (Self-care/Self- Permission) & Pages 214-225</p> <p>2) Masterful Health & Wellness Coaching - Time-Limited Coaching Laser Coaching, pages 262-269</p>	<p>Stress in America 2024 A Nation in Political Turmoil Stress in America 2024</p> <p>Stress, Recovery & Resilience: How the Wellness Coach Can Help - Part 1 https://zoom.us/rec/play/ieaoJ-1qE-coZinFpH6bCQblnPWx_V3OtfHwqCuhBn9_ohreq7JAtixE1VnE1KomIpwGrCJd6MjsQDI6.YqmN42nshB0HH2S-?startTime=1542386893000</p> <p>Stress, Recovery & Resilience: Recovery - Part 2 https://zoom.us/recording/share/1fX8L6WAl0oBQOx7Wft11P0jYVMYBOvQZUckgqhfi2KwIumekTziMw?startTime=1547830056000</p> <p>Stress, Recovery & Resilience: building Resilience - Part 3 https://zoom.us/recording/share/wxM6DoN5EGHGatTGf7B3x3CwVMt4RpDx51p4rHzoeLCwIumekTziMw?startTime=1550249329000</p> <p>The Tiny Habits Method™:Tiny Habits Method</p> <p><i>Tiny Habits: The Small Changes That Change Everything</i> by BJ Fogg PhD</p>	<ul style="list-style-type: none"> • Coach Prep Form • Self-Permission/Self-Denial Inventory

CLASS TOPIC	HOMEWORK/PREPARATION FOR DISCUSSION	OPTIONAL READING/WATCHING	TOOLS
CLASS 15 Lifestyle and Wellness Coaching	<p>1) Wellness Coaching for Lasting Lifestyle Change Chapter 10 Pages 237-244</p> <p>2) Masterful Health & Wellness Coaching Chapter 10 Pages 356-357(Intro and Scope of Practice) & Pages 376-380 (Lifestyle Medicine)</p> <p>3) Additional Articles:</p> <ul style="list-style-type: none"> • Case Study Martha • Case Study Angelina 		
CLASS 16 Astonishing Non-Compliance Coaching the 3 Rs (Recovery, Rehabilitation and Reclaiming)	<p>1) Wellness Coaching for Lasting Lifestyle Change Chapter 10 Pages 245-251</p> <p>2) Masterful Health & Wellness Coaching</p> <ul style="list-style-type: none"> • Chapter 10 Advanced Coaching Skills and Methods: • Pages 362-371 – Identity, Grief & Loss • Pages 371-376 – Coaching for Medical Compliance • Pages 380-387- Coaching through the 3 R's <p>3) Additional Articles:</p> <ul style="list-style-type: none"> • The Change Paradox • Astonishing Non-Compliance • Coaching through the 3 R's (Recovery, Rehabilitation, Reclaiming) 		<ul style="list-style-type: none"> • Milestone Tool

CLASS TOPIC	HOMEWORK/PREPARATION FOR DISCUSSION	OPTIONAL READING/WATCHING	TOOLS
CLASSES 17 - 19 Coaching Clients with Specific Health Challenges	1) Masterful Health & Wellness Coaching Pages 387-393 <ul style="list-style-type: none"> • Case Study Jim-Working with a Diabetic Client – p.387 • Case Study LaVerne -Working with a Diabetic Client p.388 • Case Study Bernice-High Blood Pressure 		
CLASS 20 Coaching for Healthy Weight Management and Fitness Class Evaluation Wrap-Up	1) Additional Article Coaching the Challenge of Healthy Weight by Dr. Michael Arloski		