



HOMEWORK CHART

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
<p>CLASS 1</p> <p>Introduction to the Course</p> <p>Wellness from the Inside Out</p>	<p>1) Wellness Coaching for Lasting Lifestyle Change</p> <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 <p>2) Coaching Ethics:</p> <ul style="list-style-type: none"> ICF- NBHWC Mapping of Code of Ethics 		
<p>CLASS 2</p> <p>Factors that Impact Wellness</p> <p>Wellness Coaching & the Mindset Shift</p>	<p>1) Wellness Coaching for Lasting Lifestyle Change</p> <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 <p>2) Masterful Health & Wellness Coaching</p> <ul style="list-style-type: none"> Motivational Interviewing - Chapter 9 Coaching through the Internal Barriers to Change pages 329-345 		

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<p>CLASS 3</p> <p>Positive Psychology & Motivation</p>	<p>1) Masterful Health & Wellness Coaching</p> <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 	<p><i>Broadening & Building through Positive Emotions by Barbara Frederickson</i></p> <p><i>12 Roadblocks to Listening</i></p>	
<p>CLASS 4</p> <p>The Coaching Alliance/Core Competencies & Coaching Skills</p>	<p>1) Wellness Coaching for Lasting Lifestyle Change Chapter 6: Creating the Alliance pages 101-121</p> <p>2) Additional Articles:</p> <ul style="list-style-type: none"> • <i>ICF Core Coaching Competencies Mapped to NBHWC Practical Skills</i> • <i>The Value Proposition of Coaching</i> • <i>Putting Together a Welcome Packet</i> 	<p><i>Coaching versus Psychotherapy in Health & Wellness by Meg Jourdan</i></p>	<ul style="list-style-type: none"> • <i>Wheel of Life</i> • <i>Additional Wheels</i>
<p>CLASS 5</p> <p>The Coaching Alliance – Active Listening Skills</p>	<p>1) Masterful Health & Wellness Coaching A Deeper Look at Active Listening Chapter 7 – pages 226-238</p>		
<p>CLASS 6</p> <p>The Coaching Alliance – Powerful Questions</p>	<p>1) Wellness Coaching for Lasting Lifestyle Change Pages 119-121</p> <p>2) Masterful Health & Wellness Coaching Pages. 238-247</p>		

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<p>CLASS 7</p> <p>The Coaching Alliance/ Session Structure</p>	<p>1) Additional Articles:</p> <ul style="list-style-type: none"> • The Coaching Conversation & Session Structure 	<ul style="list-style-type: none"> • Co-Creating the Agenda by Dr. Arloski • Structuring Great Wellness Coaching Sessions 	<ul style="list-style-type: none"> • Welcome Packet • Coaching Agreement
<p>CLASS 8</p> <p>Readiness for Change</p>	<p>1) Masterful Health & Wellness Coaching</p> <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 	<p>Changing to Thrive by James Prochaska, PhD and Janice Prochaska, PhD</p>	<p>Readiness for Change assessment tool</p> <ul style="list-style-type: none"> • 10 Questions Tool • 5 Questions Tool
<p>CLASS 9</p> <p>WM 360°© – Assess & Explore</p>	<p>1) Wellness Coaching for Lasting Lifestyle Change Chapter 7: Charting the Course, Part I, pages 123 – 149</p>		
<p>CLASS 10</p> <p>WM 360°© – The Wellness Plan</p>	<p>1) Wellness Coaching for Lasting Lifestyle Change Chapter 8: Charting the Course, Part II, pages 153-65 & 252-258 (Ken & Bill Case Examples)</p> <p>2) Masterful Health & Wellness Coaching Enhanced Goal Setting and Planning with TTM and WM360, pages 306-309</p>		<ul style="list-style-type: none"> • Well Life Vision Tool • Well Life Focus Tool • Well Life Map Tool

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<p>CLASS 11</p> <p>W M 360°© – Accountability & Support</p>	<p>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</p>	<p><i>The 360 Wellness Mapping Methodology Flow Chart</i></p>	<ul style="list-style-type: none"> • Real Balance Tracking Tool • Connectedness Scale
<p>CLASS 12</p> <p>W M 360°© – Ongoing Evaluation</p>	<p>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)</p> <p>2) Masterful Health & Wellness Coaching Coaching a Client Through to a Mental Health Referral Using the Stages of Change, pages 347-351.</p> <p>3) Additional Articles</p> <ul style="list-style-type: none"> • When & How to Refer a Client to Therapy and Other Helping Professionals (Chart from the ICF) • Referring a Client to Therapy – A Set of Guidelines (ICF White Paper) 	<p>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/</p> <p>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/</p>	
<p>CLASS 13</p> <p>W M 360°© – Measurable Outcomes</p>	<p>1) Wellness Coaching for Lasting Lifestyle Change Chapter 8: Charting the Course, Part II, pages 202-204</p>		

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<p>CLASS 14</p> <p>Efficient Coaching and Making It Stick</p>	<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 2023 A Nation Recovering from Trauma https://www.apa.org/news/press/releases/stress/2023/collective-trauma-recovery</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/1fX8L6WA10oBQOx7Wft11P0jYVMYBOvQZUckgqhf12KwIumekTziMw?startTime=1547830056000</p> <p>Stress, Recovery & Resilience: building Resilience - Part 3 https://zoom.us/recording/share/wxM6DoN5EGHGatTGf7B3x3CwVMt4RpDx51p4rHzoeLCwlumekTziMw?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"> • Coaching Prep Form • Self-Permission/Self-Denial Inventory

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<p>CLASS 15 Lifestyle and Wellness Coaching</p>	<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 		
<p>CLASS 16 Astonishing Non-Compliance Coaching the 3 Rs (Recovery, Rehabilitation and Reclaiming)</p>	<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 		<ul style="list-style-type: none"> • Milestone Tool

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