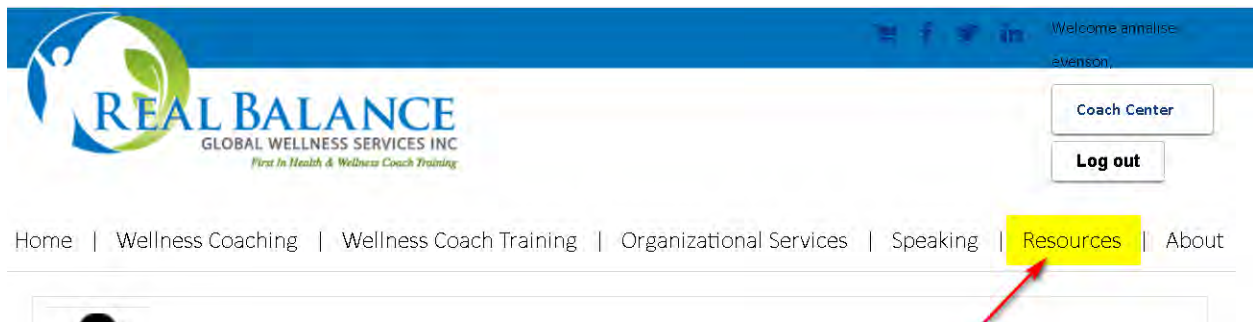


How to find Your Class Forum with Articles & Class Recordings

1. **Login** to the Real Balance website

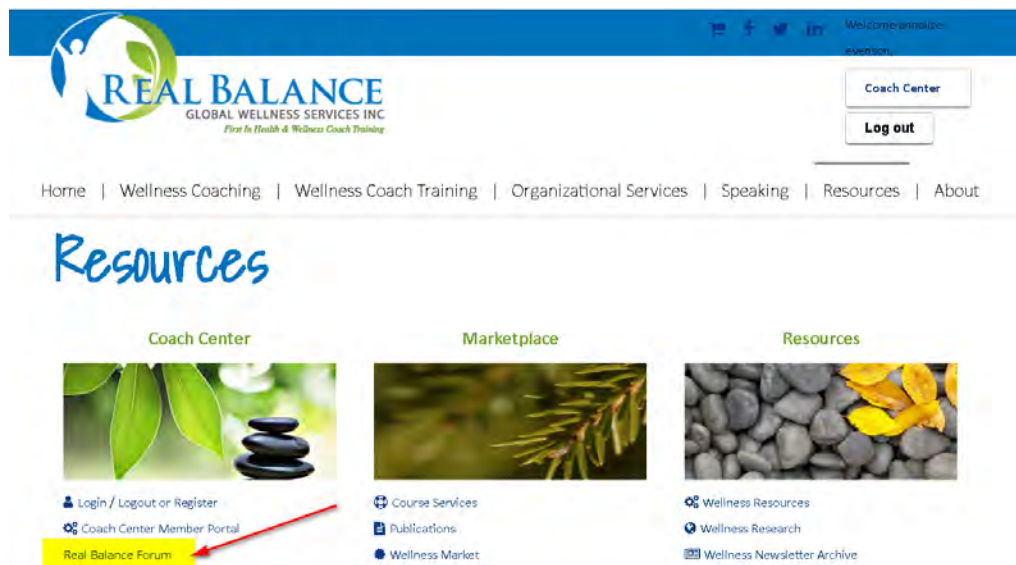


2. Click on **Resources** from the **Menu Bar** on the Home page



To retrieve you Class Forum:

3. Select and click on **Forum** at the bottom left of the screen



4. Scroll down and click on your class

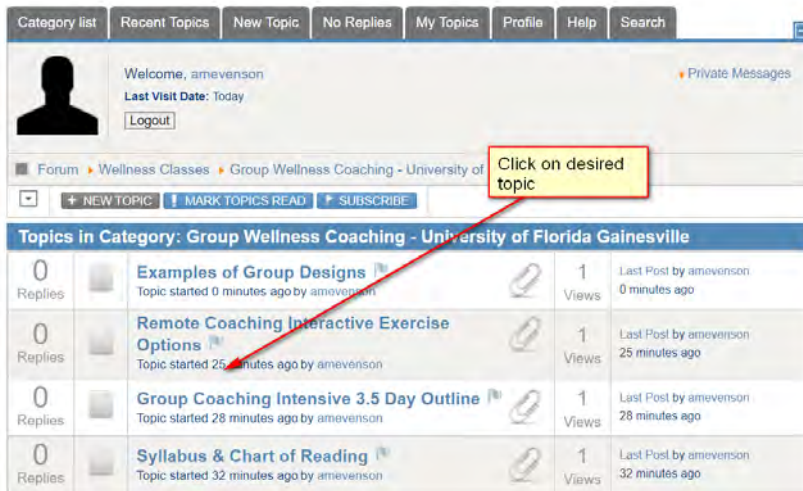


Creating Allies for

For more

Home	About Wellness Coaching	Wellness Coach Training	Corporate Services	Our Faculty	Sp
	2019 Wellness & Health Coach Certification webinar 6pm - 8pm Eastern time	22 Topics	0 Replies	Last Post: Readiness for Change ... by amevenson 4 months 1 day ago	
	Group Wellness Coaching - February 6, 2019	17 Topics	0 Replies	Last Post: Class Recordings by deborah 3 months 3 weeks ago	
	Advanced Wellness Coaching Competencies: Practice and Application - February 2019 Class Dates February 19th, 26th March 5, 12, 19, 26 April 23, 30, May 7, 14	16 Topics	0 Replies	Last Post: PPT SLIDES LESSON 1 by Dr.Michael 3 months 2 weeks ago	
	Wellness & Health Coach Certification webinar - April 12pm - 2pm of 2019 This forum is for the participants in the Wellness & Health Coach Certification webinar that began on April 16, 2019 12pm - 2pm Eastern time.	35 Topics	0 Replies	Last Post: Class Recordings by deborah 1 month 2 weeks ago	
	Wellness & Health Coach Certification webinar - April 2019 6pm - 8pm Et This forum is for the participants in the Wellness & Health Coach Certification webinar that began on April 16, 2019 6pm - 8pm Eastern time.	30 Topics	0 Replies	Last Post: ICF Ethics & Code a ... by amevenson 3 hours 53 minutes ago	
	2019 Wellness & Health Coach Certification training - Minneapolis This forum is for the participants of the training that took place in Minneapolis may of 2019.	2 Topics	2 Replies	Last Post: Completion Requireme ... by deborah 3 weeks 16 hours ago	

5. Inside your class Forum, scroll down and click on the desired document.



To retrieve Recorded Classes from the Forum:

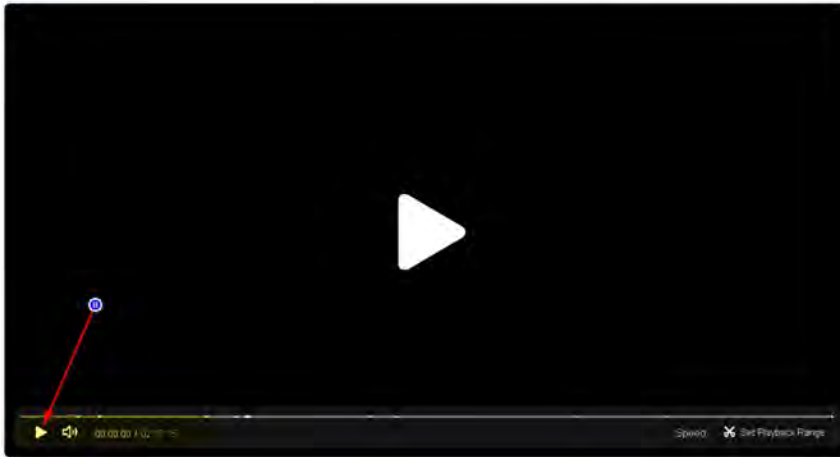
6. Scroll to the Topic titled: **Class Recordings**. It may be at the bottom of the Forum. Classes are listed in sequential order by number and date.
7. Click on the link to the desired recording.



- When the recording launches click on the arrow to start. Sometimes the Zoom recording begins before the start of the class. You may need to fast forward until you see the PowerPoint and hear speaking.

zoom

Health & Wellness Coach Certification Class 3 - Shared screen with speaker view



How to find Dr Arloski's Demo Videos

1. **Login** to the Real Balance website



2. Select and click on **Coach Center** at the top right hand on the Home Page
3. Scroll down to the **Account Information** box and click on **Videos**

Account Information



4. Scroll down to the videos. Scroll down to find the desired video.

Wellness & Health Coach Certification Video

