



## REQUIREMENTS

### Masterful Health & Wellness Coaching: Advanced Skills & Craft – 20 hrs.

#### DEMONSTRATE YOUR COMPETENCY THROUGH:

- 1) Reading, research and discussion on advanced topics as they pertain to wellness coaching and the ICF Core Competencies.
- 2) Practical application of coaching. The student will work with a client for at least six sessions. The student will (with client permission) record each session, review it themselves, using a self-evaluation tool, and submit both that tool and their coach notes for each session. These recordings do not need to be submitted.
- 3) Successful completion of at least one live coaching practice session (in class) or one recorded coaching review demonstrating coaching competencies. The student will submit to the instructor a recording of one of their coaching sessions include a recording description form and a self-evaluation tool. Feedback from the instructor and the students will take place in the class.

#### COURSE REQUIREMENTS OVERVIEW

- Actively participate in class.
- 6 coaching sessions with a client or volunteer.
  - Record each session, listen to it and complete a Self-Observation Tool and Coach Notes for each session.
  - Submit all six Self-Observation Tools and Coach Notes.
  - **Submit only 1 recording** for review in class (not all six) .
- Submit one recorded coaching session for live in-class coaching review,
  - along with a Recording Description Form
  - and a completed Self-Observation Tool
- Complete “My Own Professional Development Plan” and submit.

- Complete evaluation form and submit.
- Upload all materials and the one recording to: <https://realbalance.com/file-transfer>
- If your recording is a Zoom (type) recording – do not try to upload it. It works best for your instructor to make you a Co-host and let you share it off of your computer screen.
- You have up to six months to complete all requirements.

## Client Requirements

A Client must be someone who whom the student is:

- 1) not involved in an intimate relationship
- 2) not an immediate family member (spouse, partner, parent, child, sibling, etc.)
- 3) not involved in a relationship of unequal power (such as a manager, supervisor, employer, etc.).
- 4) may or may not be a client paying for coaching services.
- 5) The emphasis of the coaching must be some form of lifestyle improvement (this is subject to the discretion of the instructor).
- 6) Client must not be the same as used to meet requirements for some other course (such as the Foundation class).