



## Wellness & Health Coach Certification

Tuesday/Thursday: October 5, 2021 – December 16, 2021

Instructor: Michelle Lesperance – [michelle@realbalance.com](mailto:michelle@realbalance.com) Class Time: 12pm – 2pm ET, 11am – 1pm CT, 10am – 12pm MT, 9am – 11am PT or Annalise Evenson - [annalise@realbalance.com](mailto:annalise@realbalance.com) Class Time: 7pm - 9pm ET, 6pm - 8pm CT, 5pm - 7pm MT, 4pm - 6pm PT

### Wellness & Health Coach Manual Syllabus

Class	Topic	Date
1.	Introduction/Wellness from the Inside Out	10/5/2021
2.	Wellness from the Inside Out	10/7/2021
3.	Making the Mindset Shift	10/12/2021
4.	The Coaching Alliance	10/14/2021
5.	The Coaching Alliance	10/19/2021
6.	The Coaching Alliance	10/21/2021
7.	Readiness for Change	10/26/2021
8.	W M 360°© Assess & Explore	10/28/2021
9.	W M 360°© The Wellness Plan	11/2/2021
10.	W M 360°© Accountability & Support	11/4/2021
11.	W M 360°© Ongoing Evaluation	11/9/2021
12.	W M 360°© Measurable Outcomes	11/11/2021
13.	Efficient Coaching & Making It Stick	11/16/2021
14.	Lifestyle & wellness Coaching	11/18/2021

15.	Coaching Clients with Health Challenges	11/30/2021
16.	Coaching Clients with Specific Health Challenges	12/2/2021
17.	Coaching Clients with Specific Health Challenges	12/7/2021
18.	Coaching Clients with Specific Health Challenges	12/9/2021
19.	Coaching for Healthy Weight Management & Fitness	12/14/2021
20.	Coaching for Healthy Weight Management & Fitness Wrap-up: Next Steps, Course Evaluation	12/16/2021

### **Certification Foundation Process:**

#### Training Hours:

- 40 hours of interactive in class learning
- 2 hours Ethics / Legal - Web-based, Self-paced

#### Additional Items to be Completed:

- 6 Buddy Coaching Sessions (outside of class)
- Case Study (outside of class)

**Missed classes:** Due to the Wellness & Health Coaching governing bodies credentialing guidelines a student must complete all 40 hours of course content. A student is allowed to be absent from a maximum of 3 online classes to receive full certification credit. All absent classes are required to be completed by reviewing the class recording available on the Real Balance website forum. The recordings will be available in 12 – 27 hours after class has completed. They will remain available for viewing up to 1 month after the end of the final class of the 40-hour online course. Once a recording has been viewed please contact your instructor for content related questions regarding the material to receive full credit.

As a courtesy to your class and instructor please arrive online at least 5 minutes prior to the start of class. If you anticipate missing a class, will be late in attendance or need to leave early please provide notification to your instructor. All missed portions of a class will require viewing of the recording for the section missed, as well as a brief summarization of the content for fulfillment of the certification requirements.