

REAL BALANCE
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Wellness Coach Training Institute



Wellness Coaching News

"Educating, Certifying, and Supporting Great Wellness Coaches"

**Wellness & Health Coach Certification
Classes Begin Soon!**



**"Wellness Coach" Certification
Webinars Begin in September! Register by
August 1st for the best rates!**

*Webinars take place over the internet from the
comfort of your home or work and are live and
interactive. You see and can talk with the instructor.*

[For Information or Complete List Click Here!](#)

Wellness Coach Certification



**Pre-conference Training
Michael Arloski, PhD, PCC, CWP
Saturday, July 16 - Sunday, July 17**

The Facilitative Conditions of Coaching: The Essence of the Coaching Relationship

What allows the journey together?

As wellness and health coaching grows and organizations look for more and more cost-efficient ways to provide these services the quest is for that elusive optimal combination of efficiency and effectiveness. How to make wellness coaching scalable to a large population remains a quandary. How long does wellness coaching take? How many sessions? How many minutes?



The temptation is to downsize. The mistake is to "dumb-size". Bottom line is, like always, you get what you pay for. If a coaching program is not careful at maintaining quality it may degenerate into the information-based programs that coaching was designed to supplement and replace. The computer-assisted programs are just that...assistants to the real-live coach who is working with their client. Let's remember why we went to coaching in the first place...we discovered that people change more effectively when they go through the change process with an ally. What makes that ally effective? For that I propose a small stretch over to the world of counseling psychology, which has been studying what facilitates behavioral change since it's inception as a professional discipline.

As a counseling psychologist the foundation of my training was in the research that looked at what allowed therapists of many different theoretical schools to get effective results. In the late 1960's and early 1970's, three academics, Robert Carkhuff, Bernard Berenson and Charles Truax, took the work of Carl Rogers and made it objective enough to study through behavioral science. What they found was that regardless of what approach to therapy someone took (psychoanalytic, behavioral, gestalt, client-centered, etc.) their