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REAL BALANCE
www.rebalance.com Global Wellness Services, LLC
Wellness Coach Training Institute



Wellness Coaching News

"Educating, Certifying, and Supporting Great Wellness Coaches"

"The most precious gift we can offer others is our presence. When mindfulness embraces those we love, they will bloom like flowers."

Thich Nhat Hanh

Wellness Coach Certification



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

Training involves two days at the conference and four additional e-learning hours completed online.

[For More Information or to Register Click Here!](#)

"Wellness & Health Coach" Certification Intensive



Compassionate Detachment: The Being & Doing of Coaching (part 1)

We practice compassionate detachment for the benefit of our client and for our own benefit as well. Over two thousand wellness coaches have been trained by The Real Balance Wellness Coach Training Institute, that I founded. In the process of teaching these people how to become effective wellness coaches I have benefited, as all teachers do, by learning from my students. In reading over a thousand case studies, interacting in classes and hearing their stories about clients and their own lives, my conclusions that all human helpers need to give as much attention to how to be as to what to do, has been reinforced again and again. In this series of posts I will be exploring both the Being (mindset, consciousness, awareness, conveying the facilitative conditions of coaching, etc.) and Doing (methodologies, techniques, tools, etc.) of the effective wellness coach.



Compassionate Detachment