

# Wellness Mapping 360© “Wellness Coach” Certification

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**Prerequisites:** *A degree or certification in related field - ACSM HFI certification, ACSM personal trainer certification, dietitian, health educator, RN, nurse practitioner, occupational therapist, physician assistant, Physician (MD, DO), Athletic trainer (NATA certification), physical therapist, mental health professional including clinical psychologist, clinical social worker, marriage and family therapist, professional counselor, psychiatric nurse practitioner. If you do not see yourself here please ask.*

**Purpose:** *A 20 hours class designed to train health & wellness professionals to be wellness coaches*

Blending the best from the wellness field with the practical and effective skill-base of coaching, Wellness Mapping 360© gives wellness and healthcare professionals the skills they need to help their clients make lasting lifestyle change. It is a systematic wellness and lifestyle coaching process, based on behavioral change psychology, human motivation, cultural support, and professional coaching competencies.

There is a lifestyle aspect to all health challenges and lifestyle improvement is much easier with allies. For many people their success at lifestyle change is largely determined by how well connected they are to a supportive culture of wellness around them. Healthcare and wellness professionals with wellness coaching skills can effectively guide their clients towards the lifestyle changes prescribed by the physician. The Wellness Mapping 360 certification training provides a structured, proven methodology that effectively supports the individual's movement toward healthy lifestyle change.

Training in wellness coaching helps healthcare and wellness professionals shift the responsibility for change to the individual. Learning to create a true alliance with their “coach”, the individual discovers how to better form needed alliances with others and ask their environment for what they need. Together the client and coach create a wellness plan that will help the client to achieve their lifestyle improvement goals in any and all areas of wellness.

## Learning Objectives for the Training

1. Participants will demonstrate proficiency in the Wellness Mapping 360© framework for wellness coaching and the use of the materials and tools. Including:
  - Creating the coaching alliance based on the facilitative conditions of a coaching relationship
  - The ability to create an effective wellness map / plan
  - Coaching competencies that move a client from reflection to action
  - Creating client support & accountability
2. Participants will demonstrate knowledge of and the ability to use "Readiness for Change" to support a clients forward movement toward health & wellbeing
3. Participants will understand the role of wellness coaching in medical compliance.
4. Participants gain knowledge of health promotion concepts and its role in Wellness Coaching

**WM 360©II “Health Coach” Certification:** Health challenges & Applications (WM 360 certification needed)

In this 12 hour training, health professionals learn how to apply the Wellness Mapping 360© model of wellness coaching to assisting people with specific health challenges and how to effectively use the model with groups. (Outline separate)

## **Wellness Mapping 360° Certificate Training Outline**

Wellness Mapping 360° Certificate Training addresses the intellectual, emotional and practical aspects of wellness throughout the training. This training will be a balanced blend of didactic, participative and experiential training with emphasis on demonstration of skills and practice by the instructor and the participants.

### **Introductions**

- Overview of training outcomes
- Introductions and details
- Matching wellness coaching and your work goals
- Professionalism in coaching

### **Motivating Wellness From The Inside Out**

- What determines our health?
- The illness / Wellness Continuum
- Defining Wellness
- Taking wellness one on one
- The mind set shift
- Applying the mindset shift to your setting

### **The Mindset Shift**

- Moving from “Prescribe & Treat” and “Educate & Implore” to “Advocate & Inspire”- The Coach Mindset.
- Motivational Mindsets & Strategies for coaching

### **Wellness Coaching skills**

1. Overview of coaching skills and the core competencies of coaching
  - Creating the alliance through trust, clarity and connection
  - The facilitative conditions of coaching
  - Listening skills
  - How to effectively work with Powerful Questions & Inquiry
  - Support & Accountability
2. Practicing the basic skills as they apply to wellness work

### **Readiness For Change**

- Wellness principals for coaching
- Prochaskas readiness for change theory
- Gain an understanding of how a person’s readiness for change influences their ability to change
- Grief and readiness for change
- Development and readiness for change
- Applying readiness to change theory to wellness coaching and putting it to practice in your wellness work.

### **The Wellness Mapping 360° © Methodology**

#### **Assessment & Exploration**

1. The value of self-exploration
2. Methods for self-exploration that fit in a very brief coaching opportunity window
3. Informal wellness assessments & formal wellness assessments

#### **Personal Wellness Map or Plan**

1. The Co-creation of the wellness plan
  - Focus on areas that matter
  - Setting very clear goals
2. Essential components of the Wellness Map
3. Strategizing to assist the client make the changes they really want to make

#### **Accountability & Support**

1. The power of the alliance for support
2. “No loop-holes accountability” with your client

#### **Evaluation & Measurement**

1. Formal & informal measures
2. Determining what to look for

### Clear Measurable Outcomes

1. Celebrating successes and stabilizing the positive changes
2. Strategizing to maintain the change

### ***Connections to be made for the client***

- Creating Well Life Vision
- Co-creating the Plan
- Forward Movement
- Chosen Lasting Behavior Change

### **Powerful Wellness Coaching Tools & Methods**

- The Self-Care Continuum
- The Power of Habit
- Coaching for Stress Resiliency
- Ways to coach through habit
- Coaching the client in a stressful world

### **Coaching Clients With Health Challenges** (this is taken much deeper in the WM360II “health coaching certification”)

- The Behavioral side of medical compliance – helping your client with the
- “Lifestyle Prescription”
- Coaching beyond the compliance
- Specifics for recently diagnosed clients
- Brief - Coaching people with diabetes, heart disease and other health challenges
  - Support for individuals with diagnosis
  - Support for prevention
  - Support for reclaiming

### **Your Specific Coaching Challenges**

- Applying it all to your delivery system
- Exploration and focus on your particular and frequent challenges
- Working with the your specific clients
- Working with the your specific situations
- Making Wellness coaching real and applicable in your establishment

### **Further Application**

Case study, live demonstrations, live practice

- Staying connected.
- Creating commitment to self & others to keep the learning “alive”.
- How we can support and assist as you go forth as a Wellness Coach.

### **Dr. Michaels Bio**

Michael Arloski, Ph.D., PCC is a licensed psychologist, consultant and wellness coach with over 25 years in the wellness field. Michael has presented seminars, keynotes and consultations on four continents, pursuing his mission of taking the concept of wellness worldwide.

Dr. Michael is fascinated with how behavior, the environment and the human heart interact. In his book, ***Wellness Coaching For Lasting Lifestyle Change***, he shows coaches and wellness professionals how to work with their clients to achieve lasting behavioral lifestyle change.

Dr. Arloski is founder and CEO of Real Balance Global Wellness Services LLC. [www.realbalance.com](http://www.realbalance.com) or 866-568-4702