



Core Coach Training & Certification Program

Wellcoaches is leading the way in establishing health and wellness coaches as game-changing professionals in healthcare, corporate and consumer wellness. Enjoy the journey of our innovative, intensive, and transformational core coach training program, and demonstrate your skill in applying science-based coaching competencies by becoming a Wellcoaches **Certified Health and Wellness Coach or Certified Personal Coach**.

This certification is endorsed by the American College of Sports Medicine (ACSM).



PROGRAM OVERVIEW

Our Mission: Cultivating world-class coaches who help people rise above the barriers to good health and thrive by making lasting changes in mindset and behavior.

Definition of Thrive: to prosper, to flourish, to grow vigorously

Behavior change starts in minds and hearts, and you will learn to help clients develop the mindsets needed to navigate the difficult path of changing behaviors for good, leading them to a life of thriving.

Leveraging science-based coaching competencies, we mobilize the best coaches to help people make lasting improvements to their health and well-being. Together, we are making a significant dent in some of the toughest challenges of our times: the epidemics of obesity, sedentary lifestyles, stress and the absence of meaning/purpose, depression, poor nutrition, and ever-rising healthcare costs.

Some highlights of what you will be able to do:

- Describe and apply the key ingredients and dynamics that facilitate lasting change and growth
- Elicit mindful self-awareness and insights, catalysts for change in mindset and behavior
- Apply self-determination theory and motivational interviewing techniques to support clients in uncovering the autonomous motivation associated with lasting change
- Leverage the science of positive psychology to help clients apply their strengths, and gain the capacity to adapt to setbacks, and to change and thrive
- Help clients develop self-efficacy and resilience, outgrowing resistance to change
- Learn how and when to provide expert advice or referrals to enable just-in-time learning of knowledge and skills

We specialize in enabling health professionals to:

- Become polished, professional, and confident health and wellness coaches, standing out from the crowd
- Work with clients in-person or by phone, in formal coaching programs or short interventions and visits, in individual or group programs, and a variety of settings – consumer, corporate, hospital, clinical practice, or health club

We specialize in enabling non-health professionals to:

- Become polished, professional, and confident coaches, with a solid understanding of the principles of behavior change
- Work with clients in-person or by phone, in formal coaching programs or short interventions and visits, in individual or group programs, and a variety of settings – particularly with individuals and groups yearning to live their best life
- Combine with their expertise in topics such as career, marketing, business, or life stage coaching (retirement, etc.)

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Certification

The coach certification program is separate from, and follows, the coach training program. Certification must be finalized within 12 months of completing the core Wellcoaches Coach training program.

The core certification process includes:

1. a practical skills assessment;
2. a written exam;
3. submission of practice client data;
4. submission of personal Wellness Vision and 3-month goals;
5. completion of lesson feedback surveys;
6. completion of Organize Your Mind courses

To learn more about the certification program and prerequisite requirements, visit www.wellcoaches.com.

Program Overview

Our core coach training program is built upon the Wellcoaches **Coaching Psychology Manual** published by Lip-pincott, Wilkins, & Williams and endorsed by the ACSM, the first coaching textbook in healthcare and wellness, developed by twenty Wellcoaches faculty members and advisors. This comprehensive program is taught by an experienced team of Wellcoaches-certified coach training faculty and includes eighteen 90-minute live weekly teleclasses.

Each lesson also includes at least five hours of homework preparation (reading, listening to web audio lectures, learning partners practice). To fully digest the rich content of each lesson, plan to listen to each lesson teleclass at least once after participating in the live class. Many coaches return at a later date to audit all teleclasses to deepen learning and mastery. Successful completion of the coach training program requires participation in all teleclasses, practice, and study of the **Coaching Psychology Manual**.

Training Prerequisites

Our Core Coach Training program is open to anyone with an Associate's Degree or higher. To be eligible for Wellcoaches Certification, applicants must provide proof of acceptable prerequisites. Prerequisites will determine eligibility for the "Certified Health and Wellness Coach" or "Certified Personal Coach" designations. See our website for a full list of prerequisites for Certification.

In Strategic Partnership with:



LESSON TOPICS

- Defining the Role of the Coach
- Growth-Promoting Relationships
- Thriving: Being Skills and Coaching Presence
- Expressing Compassion
- Celebrating Our Best
- Eliciting Motivation to Overcome Ambivalence
- Building Self-Efficacy
- Readiness to Change
- Building Dreams and Visions
- How Fascinating! Crafting Designs
- The Heart and Mind of Coaching: Generative Moments
- Measuring Results: The Coaching Partnership
- The On-Going Coaching Relationship

SCHEDULE, FEES & CECs

1. An 18-week live, teleclass. Cohorts begin every other month: Jan, Mar, May, Jul, Sep, and Nov. Cohorts meet once per week for 18-weeks in 90-minute lessons. Cost: \$1295.
2. A 4-day residential course. Cohorts offered throughout the year. Visit our website for details. Cost: \$1645.
3. Pay the core certification fee (when you register for the Core Coach Training Program for a \$50 savings, or pay separately later for \$650).

This program is eligible for CECs for the following:
ACSM | ANCC | ACE | AAFP | ICF | **and many more**

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