



Anyone is eligible to participate in our training program. However, if you would like to become certified, be sure that you meet our eligibility requirements.

### **Certified Personal Coach**

The "Certified Personal Coach" for non-health professionals who wish to use coaching skills in areas such as leadership and executive coaching to improve performance and wellbeing. As a Personal Coach, you can apply the universal principles of behavior change to support clients in increasing productivity, satisfaction with life and work, and the attainment of relevant goals.

*Eligibility with one of the following:*

- An Associate degree or higher in any non-medical or allied-health field
- An NCCA accredited fitness or health-related certification or license AND 4,000 hours of healthcare work experience

### **Certified Health and Well-being Coach**

The "Certified Health and Well-being Coach" pathway is for credentialed health professionals who wish to use coaching skills in working with patients or clients to improve their health and well-being. As a Coach, you will be an expert facilitator of mindset and behavior change that generates sustainable healthy lifestyles, which prevent or treat disease, and foster well-being and thriving.

*Eligibility with one of the following:*

- An Associate Degree or higher in Health/Allied Health OR Clinical License
- You are eligible for the Wellcoaches Certified Personal Coach designation AND
- have an NCCA accredited fitness or health-related certification or license AND 4,000 hours of healthcare work experience, AND you have completed the "Lifestyle Medicine for Coaches" (Module 4).

Unsure? [Contact us.](#)