

Module 4 Lifestyle Medicine for Coaches

As a coach, it is important to have a holistic and broad understanding of healthy living. This 21.5-hour e-course, built in collaboration with the American College of Lifestyle Medicine, provides education on key healthy lifestyle topics such as brain health and basic biometrics, from leading experts.

This module is not required for Wellcoaches Certification but is required if you wish to be eligible to take the National Board-Certified Health and Wellness Coach exam through the NBHWC.

Includes

- 21.5 hours of self-paced content

\$435*

*OR \$275 if you have already enrolled and bundled in Modules 1-3 (bundled discount)

You're now eligible to apply for the National Board Certification!



A Quick Guide to Wellcoaches

TRAINING MODULES

Module 1 Core Training

The core training will cover 15+ evidence-based theories and concepts. You'll also spend time listening and participating in coaching demonstrations and spend time practicing the skills with others in your class.

Includes

- 18 lessons on the essential theories of coaching science and the application of coaching skills
- Live virtual classroom or in-person classes
- 10 hour e-course to build the habits of coaching
- Certificate of completion

Required

- *Coaching Psychology Manual, 2nd Edition* (~\$60)

Time

- Choose a cohort:
4 Day, 4 Week, 9 week

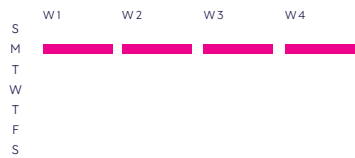
Cohort Examples

All classes in Eastern Time (EDT/EST)

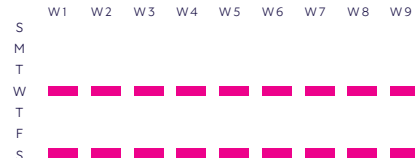
4 Day



4 Week



9 Week



What is a virtual classroom?

You can fully engage with classmates and faculty in a real classroom, but without the travel!

What is my certification process?

You will find all the details about Module 3 and which certification track you qualify for in the Certification Handbook: Certified Personal Coach or Certified Health and Well-being Coach.

\$1,785*

*OR \$1,675 early bird discount—save \$110!
*bulk discounts available

Module 2 Advance Practice

To further develop your skills, this module offers five 2-hour live virtual classes and 8 hours of self-paced e-courses to deepen your understanding of the concepts and skills presented in the Core Training course, making the completion of Module 1: Core Training a pre-requisite to Module 2: Advance Practice.

Includes

- *Organize Your Emotions* (2-hr virtual class)
- *Organize Your Mind* (4-hr virtual class + e-course)
- *Wellness Visions* (2-hr virtual class)
- *Generative Moments* (2-hr virtual class + e-course)
- Certificate of completion

Required

- *Module 1 Complete*

Time

- 8 hrs of self-paced e-courses
- Five 2-hr virtual classes (each class is offered multiple times per month)

Module 3 Certification/Skills Process

When you feel you have studied the material and built your confidence/competence with the coaching skills and practice clients you may proceed to taking your certification tests. You will also receive three 1-hour individual mentor coaching sessions that you will coordinate with your mentor. The "Certified Health and Well-being Coach" pathway brings 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, foster well-being, and help you thrive.

Includes

- Three 1-hr individual sessions with mentor
- Written exam
- Practical/oral exam
- Wellness vision and goals for you and a client

Required

- *Module 1 complete*
- *Module 2 complete*

Time

- As needed!
- Must be completed within 18 months of completing Module 1

Eligibility

- An Associate Degree (or higher)
- or 4,000 hours of work experience

\$1,030

Module 4 →