

Wellness & Health Coach Certification

Real Balance Global Wellness Services Inc



WELLNESS MAPPING 360™
METHODOLOGY

Purpose: This is 40-hour course (48 hours Level 1 ICF) designed to train health, HR, EAP, and health and wellness professionals to be wellness coaches.

<https://realbalance.com/wellness-mapping-360-wellness-coaching-model>

Blending the best from the wellness field with the practical and effective skill-base of coaching, Wellness Mapping 360°™ Wellness Coach Certification training 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°™ Wellness & Health Coach 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

- Participants will demonstrate proficiency in wellness coaching skills 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
- Participants will demonstrate knowledge of and the ability to use "Readiness for Change" to support a clients forward movement toward health & wellbeing
- Participants will understand the role of wellness coaching in medical compliance.
- Participants gain knowledge of health promotion concepts and their role in Wellness Coaching
- Participants will demonstrate the use of the wellness coaching conversation in resolving client ambivalence.
- Participants will gain a working understanding of Positive Psychology and Behavioral Change Psychology as they apply to lifestyle change.
- Participants will demonstrate proficiency in the WM360°™ Wellness Coaching framework from prevention to recovery
- Participants will understand the role of the wellness coach in Lifestyle Medicine
- Participants will demonstrate knowledge of "Readiness for Change" as it applies to major health challenges and the impact of grief on the process.
- Participants will demonstrate basic coaching competencies
- Participants will demonstrate competency in coaching for medical compliance
- Participants will be able to adapt Wellness Coaching to different environments and formats
- Participant will gain a working understanding of Scope of Practice, Ethical and Legal aspects of wellness coaching.

WM 360°™ "Wellness & Health Coach" Certification Process: Certification is achieved by successful completion of 40 contact hours of training with 40 live interactive hours and 4 hours of web-based, self-pace learning. Completion of the class includes buddy coaching, final exam, case study, and a skills review session. To ensure continued growth of the wellness coach the WC 360° "Wellness & Health Coach" Certification is renewable every three years with thirty Continuing Education Hours in a related field.

Wellness Mapping 360^o™ Wellness & Health Coach Certification Training Outline

This training is 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 educational outcomes
- Introductions and details
- Matching wellness coaching and your work goals
- Professionalism in coaching

Motivating Wellness from The Inside Out

- What determines our health?
- Foundational Theories
- 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
- External and Intrinsic Motivation
- The Positive Psychology movement

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 Coaching 360^o 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
- The use of MI in resolving ambivalence
- Coaching for Stress Resiliency
- Ways to coach through habit
- Coaching the client in a stressful world

Coaching Clients with Health Challenges (Stress and balance)

- The Behavioral side of medical compliance – helping your client with the
- “Lifestyle Prescription”
- Coaching beyond 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

Coaching Clients with Health Challenges (Heart Challenges and Cancer)

- The Behavioral side of medical compliance – helping your client with the “Lifestyle Prescription”
- Coaching for medical compliance and beyond
- Specifics for recently diagnosed clients

Coaching Clients with Health Challenges (Diabetes, Weight Loss, Fitness)

- Working with specific health challenges
- Coaching people with diabetes, heart disease and other health challenges
 - Support for individuals with diagnosis
 - Support for prevention
 - Support for onset
 - Support for adaptation
 - Recovery
 - Rehabilitation
 - Reclaiming

Your Specific Coaching Challenges

- Applying it all to your delivery system
- Exploration and focus on your particular and frequent challenges
- Working with your specific clients
- Developing your program plan - making wellness coaching applicable in your establishment
- Making wellness coaching real and applicable in your establishment

Next Steps

- Creating commitment to self & others to keep the learning “alive”.

- Completing the certification process and arranging your mentor group session.

Dr. Michael Bio

Michael Arloski, Ph.D., PCC, is a licensed psychologist, consultant, and wellness coach with over 30 years in the wellness field and CEO of Real Balance Global Wellness Services Inc. Michael is on the Leadership Team of the National Board for Credentialing of Health and Wellness Coaches (NBHWC.org) and a past Board president of the National Wellness Institute. He 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 *INC*, a company focused on educating and supporting quality wellness/health coaches and health coaching programs. www.realbalance.com or 866-568-4702