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**Wellness Coach Training Institute**



## Wellness Coaching News

### *Educating, Certifying, and Supporting Quality Wellness Coaches*

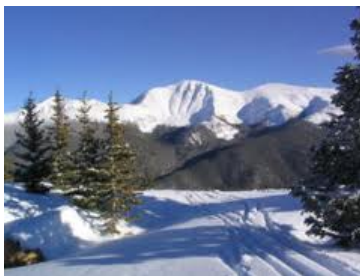
*"Theory is extremely useful, because your theory determines what you can see." Albert Einstein*

#### Live On-Location

##### [2012 Class Schedule](#)

#### **"Wellness & Health Coach" Certification**

*32 hours of live wellness coach training with CE's available for nurses, health educators, and ACSM. ICF core coach credit applied for.*



Fort Collins - Colorado  
December 7th - 10th

**Register by October 21st and save \$100**  
[Pdf Flyer](#)

*Enjoy the Rocky Mountains and become a Certified Wellness Coach!*  
[To Register Click Here!](#)



#### MOVING BEYOND BURNOUT TO SELF-CARE AND SELF-LOVE with Guest Blogger Gina Orlando

Burnout is real. With the many disturbing trends in our modern culture, many people are on the burnout spectrum. As wellness and health coaches we support our clients to take better care of themselves and actually become more effective, efficient

and healthy amidst the many demands of their lives. The world needs each one of us to live from our wholeness so we can share our good work, our love and our light.

As a professional wellness coach, consultant and hypnotherapist who deals with medical and life issues, I work with clients privately and in groups. I have a passion for health. I see many people in my private practice who are exhausted, stressed out, overwhelmed or otherwise negatively affected by the demands of their job and trying to balance those with their family needs. They never seem to have time for themselves, and they often feel guilty in taking care of their own needs. They don't put themselves and their needs on their own To-Do list.

Burnout can happen in nonprofits, corporations, government, education, churches and among the self-employed. However, those who work in nonprofits and the helping professions are particularly susceptible because we are givers. We tend to take on more tasks than we should and work longer than we should. This is coupled with a



Del Ray Beach, Florida  
January 18th - 21st of 2012

**Register by December 2nd and save \$100**  
[Pdf Flyer](#)

*Enjoy the warmth of Florida in January  
and become a Wellness Coach!*

[To Register Click Here!](#)

### Wellness Coach Certification Webinars



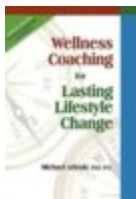
**Classes Begin in 2012!**  
**Register in 2011 and Save!**

[2012 Schedule](#)

*Webinars take place over the internet  
from the comfort of your home or work  
and are live and interactive. You see  
and can talk with the instructor.*

[For Information Click Here!](#)

### Free Lunch & Learn Webinars



*Join Dr. Arloski and  
learn and grow as a  
wellness professional.*

*Free to the first 25  
people who register!*

[deborah@realbalance.com](mailto:deborah@realbalance.com)  
12:00pm - 12:30pm (Eastern)

October 28th (Friday)  
**Part 2: Group Wellness Coaching - Group**

job environment where by its nature clients often are asking, asking, asking...and we are used to giving, giving, giving. Clients have strong and, often, immediate needs. This takes its toll on the practitioner.

#### Common signs of burnout (Dr. Jill Ammon-Wexler)

- A loss of enthusiasm for your job
  - Less interest in your social life
  - Weakened interest in your relationship and normal personal interests.
- Sound familiar?

**Continue to Read Below**

[Wellness Wisdom and Wanderings](#)

Posted August 26, 2011 by Michael Arloski

## The Healthy Howard Health Plan

In January 2009, services began for the Healthy Howard



Health Plan (HHHP) - a public-private health care access program for uninsured residents of Howard County, Maryland. HHHP was designed by [Glenn Schneider](#), former Director of Health Policy and Planning for the Howard County Health Department and [Elizabeth Edsall Kromm](#) and [Peter Beilenson](#).

While states and local jurisdictions have applied different access models to reduce the uninsured rolls, HHHP believes it is the first of its kind to couple health care services with compulsory health coaching. Although the program is young and the results of a formal evaluation will take time, several indicators suggest the model is a promising practice for health promotion. In fact, the coaching component of HHHP recently was awarded the Department of Health and Human Services' Healthy Living Innovation Award, and in the fall of 2010 HHHP was recognized with the "Bright Ideas" award from Harvard's John F. Kennedy School of Government.

#### Access to Care - Necessary but not Sufficient

When setting out to develop HHHP, they knew that many of the negative effects of being uninsured can be resolved or fixed by obtaining health care coverage. It was also clear, however, that behaviors like tobacco use, poor nutrition, excessive alcohol use and physical inactivity are the cause or main contributing factor for most chronic conditions, premature deaths and overall reduced quality of life. These behaviors are prevalent and embedded in the U.S. adult population, regardless of insurance status. Therefore, a program designed solely to expand access to care would get us only so far in terms of



*Dynamics*

November 30th (Wednesday)

*Wellness Coaching for Stress management*

**Calling all Certified WM360<sup>o</sup>™  
Wellness Coaches!**



We are excited to announce that we are now able to provide career and job placement to our graduates and a pool of certified wellness coaches to those companies looking for quality certified wellness & health coaches. We have partnered with [HPCareer.net](http://HPCareer.net) an organization leading the way in health promotion by providing education and career support to qualified health & wellness professionals.

[HPCareer.net](http://HPCareer.net): This is a networking community where health and wellness professionals connect with organizations looking for quality people!

*This is a great opportunity so check it out!*

[Wellness Coach Directory](#)



A great resource for everyone! Weekly webinars and many - many resources for the wellness professional!

[Health Promotion Live - next webinars!](#)

[Thursday, October 20th, State of Wellness: State Worksite Wellness Guides/ Toolkits: What's New? What's Challenging?](#)

[Friday, October 7: Active by Default: Getting Communities Moving 10 Minutes at a Time with Dr. Antronette Yancey](#)

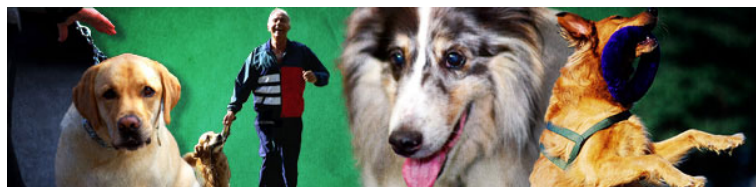
improving individual and community health outcomes. That led them to identify health coaching as a way to support individuals in making important and sustainable health-related behavior changes.

Health coaching is defined by the Health Howard Health Plan program as the "practice of health education and health promotion within a coaching context, to enhance the wellbeing of individuals and to facilitate the achievement of their health-related goals."

[Continue to Read - the Health Affairs Blog](#)

Healthy Howard Health Plan:

[RESEARCH REPORT #1 - Executive Summary](#)



## Four-legged Fitness Trainers

At about 11:30 am each day, our dog Scooby Doo's internal clock goes off and the urging begins. He knows that if he is persistent enough at bugging my wife and I as we work at home he'll get what he wants, a mid-day walk. Seeing the leash he transforms from a twelve-year-old Border Collie Mix into a puppy, jumping for joy and racing around the yard, preparing for takeoff. Our reward is not only seeing his joy, but also the mind and body benefits that come from the exercise and a break in our workday.

Three things that help people live healthy lives are regularity of activity, fun and connectedness. Dogs deliver on all three and there is proof that they may be among our best wellness motivators. If you are a dog walker you're more likely to meet the recommended daily guidelines for activity.

Animal behaviorist Dr. Sandra McCune, co-editor of the book, "The Health Benefits of Dog Walking for People and Pets," says that dogs are the reason behind two-thirds of the walks their owners take each week, according to a recent survey of more than 1,011 adults commissioned by pet food company Mars Petcare. One-quarter of people with children and pets regularly visit parks and other outdoor spaces because of their dog, and the poll found that 44 per cent of dog owners aged 65 and older exercise on a weekly basis because of their dog. McCune also states that dog walkers are more likely to connect with other people and converse, building social and community ties.

[Continue Reading](#)

[5 Ways Pets Can Improve Your Health! WebMD](#)



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### Words from Dr. Michael

More companies are developing wellness coaching programs or contracting for wellness coaching services. Educating and supporting quality wellness coaches and wellness coaching as a profession is my passion and my way of having a positive affect on worldwide health. We are currently seeing many medical professionals adding wellness coaching to their current skill set and experiencing more patient success with lifestyle change. We are also seeing wellness coaches working in a wide variety of professional niches and I am certain the current trend will continue.

- Employee wellness programs
- Hospitals and medical facilities
- Spa and fitness clubs
- EAP's
- Disease Management companies
- Wellness & Disease Prevention Companies

Sincerely,

Coach Michael

Michael Arloski, PhD, PCC, CWP

*CEO of Real Balance Global Wellness Services and Dean of the Wellness  
Coach Training Institute*



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Try it FREE today.