

Wellness Mapping 360° “Wellness & Health Coach” Certification Training

On Location –Rice University - Houston, TX – December 12th – 15th

32 Professional contact hours

The purpose of this program is... to train wellness & health professionals in the use of Wellness Coaching skills to assist their clients in making lasting lifestyle change. Participants learn a systematic coaching process, based on behavioral change psychology, human motivation, health promotion, and professional coaching competencies. They gain the skills to support and motivate their clients/patients to make the behavioral changes needed to live healthier lives.

Educational Objectives: After completing this training the participant will be able to:

- Identify the impact of lifestyle on health and wellbeing.
- Define the foundational theories of wellness coaching.
- Identify the Mindset Shift needed to engage the coach approach and empower clients.
- Identify and demonstrate use of the core coaching competencies.
- Demonstrate knowledge of and the ability to use "Readiness for Change" theory to support a client's forward movement. (*i.e.* Prochask)
- Identify the steps in the Wellness Mapping 360°™ wellness coaching method/process
- Demonstrate proficiency in – co-creating the alliance with the client.
- Demonstrate proficiency in - co-creating a Wellness Plan with the client.
- Demonstrate proficiency in – on-going evaluation techniques with the client.
- Demonstrate the use the Wellness Coaching process in time limited settings
- Identify 5 ways a wellness coach can support clients who have health challenges from prevention through recovery.
- Demonstrate understanding of the role of wellness/health coaching in medical compliance.
- Demonstrate the use of wellness/health coaching with clients with medical challenges.
- List 5 effective ways to adapt wellness/health coaching in different settings.
- Name 4 characteristics of wellness coaching groups.
- Learn how to apply wellness coaching to group work.

Training Facilitator: A licensed psychologist, consultant and wellness coach with over 30 years of pioneering contribution to the wellness field, Michael has presented seminars, keynotes and consultations on four continents, pursuing his mission of taking the concept of wellness worldwide. Michael Arloski, Ph.D., PCC, CWP is endlessly fascinated with how behavior, culture, environment and human heart and soul interact. Asking the perennial question "Why don't people do what they need to do for themselves?", he has brought the concept of individualizing wellness into the mainstream through wellness coaching. In his books, ***Wellness Coaching For Lasting Lifestyle Change*** and ***Paths of Wellness, Your Journey to Healthier Life*** 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 LLC and Dean of the Wellness Coach Training Institute. More information is available through his website www.realbalance.com

To receive credit: 100% participation in all contact hours including group discussions and group exercises as well as the successful completion of a case study and final exam.

Accreditation Statement:

Nurses: *“This activity has been submitted to the American Holistic Nurses Association (AHNA) for approval to award contact hours. AHNA is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.”*

Health Educators: *“This activity has been submitted to the National Commission for Health Education Credentialing, Inc. (NCHEC) for 32 hours of CHES or MCHES Category I continuing education contact hours (CECH)”*

Sports Medicine / Fitness: *This entity is an approved provider of Continuing education contact hours for ACSM*

ICF: *Approved Coach Specific Training Hours (ACSTH) for 37 hours of coach specific training hours and direct application towards ICF credentialing.*

Disclosures of Conflict of Interest: *Michael Arloski Phd, PCC, Gail Aaronson RN and Deborah Howard MSW, reported no significant financial relationship with any commercial entity related to this activity.*

See program schedule on reverse:

Program Schedule – Live on Location

Water and healthy snacks provided daily!

Day 1 – Wednesday – December 12th

7:30 – 8:00 sign in

8:00am – 12:30 pm:

- Explore definitions of wellness and what determines our health
- Learn about wellness coaching and its history
- Learn coaching ethics
- Learn how lifestyle impacts health
- Learn the theories that are foundational to wellness coaching
- Learn the Mindset Shift needed to be more coach like
- Learn to distinguish between therapy, consulting, educating, treatment and coaching
- Learn the 4 cornerstones of coaching
- Learn about internal and external motivators

1:30pm – 5:30 pm:

Learn the ICF core coaching competencies and the facilitative conditions of coaching.

- Creating the coaching alliance and the role of trust
- Listening as a coach
- The use of Powerful Questions
- Forwarding the movement /goals and action steps
- Accountability, agreements, follow-up
- Your personal wellness foundation
- Practice coaching skills in triads

Learn about Readiness for Change Theory and what determines a client's readiness for change. Learn how to use Readiness for Change to support a client's forward movement

Day 2 -- Thursday – December 13th

8:00am – 12:30pm: Learn the steps in the WM360 process

- Exploration and Assessment, Personal Wellness Map, Accountability & Support, Evaluate Progress, Measurable Outcomes
- Learn how to Co-create the relationship – the power of trust
- Learn how to guide a client through the Exploration, Visioning and Focus Process
- Coaching practice

1:30pm – 5:30pm:

- Learn how to Co-creating the Wellness Plan.
- Learn how to build accountability into the wellness plan
- Learn how to build Support into the wellness plan
- Ongoing evaluation
- Learn how to use the Wellness Coaching conversation to resolve ambivalence
- Learn powerful change strategies
- Learn how to work with the Power of Habit and how to tame the inner critic

Coaching practice

Day 3 -- Friday – December 14th

8:00am – 12:30pm:

- Learn how to use the WM360 Wellness coach model in limited time settings – coaching practice
- Learn the role of wellness coaching in medical compliance
- Learn the role of the wellness coach on the medical team
- Learn the ways a wellness coach can support a person with health challenges from prevention – rehabilitation - adaptation
- Learn the 3 –R's of recovery
- Learn how to coach through the emotional side of health loss to adaptation.

1:30pm – 5:30pm:

- Supporting behavioral medical compliance through coaching not treatment
- Taking your coaching skills deeper into lifestyle change - Self Advocacy -> Self Efficacy
- Coaching the lifestyle aspects of aging
- Learn how a wellness coach supports balance and positive use of stress
- Learn how to coach the lifestyle aspects of positive aging, Diabetes, Heart Health, Cancer, Weight Management, others
- Role Play Coach & Client – coaching practice
- Case Study review

Day 4 – Saturday – December 15th

8:30am – 12:30pm:

- Case study review & dialogue
- Maintaining the coach mindset shift
- Learn how to successfully fulfill two roles
- Self Efficacy - empowerment
- Coaching for Connectedness
- Interfacing in the community
- Learn how to integrate what you are learning into different settings

Role Play - wellness coaching scenarios in Triads

1:30pm – 5:30pm:

- Learn the characteristics of wellness coaching groups
- Learn about facilitating a group
- Learn how to set up a group and incentives that work
- What makes coaching groups different than other groups
- Learn how to apply group accountability and support
- Learn how to maintain the coach approach in a group setting
- Learn how to provide topical information in a wellness coaching group
- Learn to use the Wellness Coaching with specialized groups
- Review what's been learned and reflect, review of case study and final exam requirements
- Closure

Traveling from outside of Houston? Plan on spending a day or two after the training so you have time to explore the state.