

Module 1: Core Training

\$1,475*

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.

***OR \$1375 early bird discount—save \$100! *bulk discounts available**



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 ecourse 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

Upon completion of Module 1, you then have up to 18 months to complete Modules 2 and 3.

Module 2: Advance Practice

\$175

To further develop your skills, this Module offers five two-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 course, making the completion of Module 1 a pre-requisite to Module 2.



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:

8hrs of self-paced e-courses
2-hr virtual classes x 5
(each class is offered multiple times per month)

Module 3: Certification/ Skills Process

\$700

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.



Includes:

- 3x1-hr individual sessions with mentor
- Written exam
- Practical/oral exam
- Wellness vision and goals for you and a client



Required:

Module 1 & 2 Complete



Time:

As needed!

Must be completed within 18 months of completing Module 1

18mo max

...You're now Wellcoaches Certified!

Module 4: Lifestyle Medicine for Coaches

\$395*

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.**

* OR \$250 if you have already enrolled and bundled in Modules 1-3 (bundled discount)



Includes: 21.5 hours of self-paced content

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

 **wellcoaches**
SCHOOL OF COACHING



How to start? www.wellcoachesschool.com/health-coach