

Top 10 Reasons to Choose Wellness Workdays' Certified Behavioral Health and Wellness Coach (CHWC) Certification Program

1. Complete your certification **anytime, anywhere** with our flexible training schedule and on-demand videos.
2. Learn from instructors with **10+ years of experience** in health coaching and thousands of hours of health coaching experience
3. Practice mock health coaching session reviews with **expert feedback**.
4. **Connect** with other behavioral health coach candidates through discussion forums and more.
5. Develop skills in **Motivational Interviewing** from trainers nationally certified in Motivational Interviewing.
6. Prepare for your certification which is backed by decades of **proven approaches** to improve health.
7. Review up-to-date and in-depth **health education training** around chronic conditions such as heart disease, diabetes, stroke, metabolic syndrome, mental health, and more.
8. Gain **lifelong, transferrable skills** in communication such as compassionate communication, appreciative inquiry, and emotional intelligence.
9. Focus on **total well-being** including education on physical activity, nutrition, mental and emotional health, chronic disease management, and more.
10. Wellness Workdays is a **proven leader in employee wellness** and has received numerous awards and recognition from industry organizations for successful wellness outcomes.

