

# CURRICULUM SNAPSHOT

## Wellness Workdays' Certified Health and Wellness Coach (CHWC) Certification Program



### **Part 1: The Scope of a Health Coach**

Uncover the personal and professional qualities required to be a successful health coach, roles and responsibilities of a health coach, the structure of a successful health coaching session and how to be a facilitative and collaborative partner as you guide clients.

### **Part 2: Ethics and Privacy**

Understand the commitment to professionalism similar to other healthcare providers. This includes safety concerns and regulations surrounding ethics and privacy, operating in compliance with HIPAA rules and regulations, and the ongoing training and professional development expectations.

### **Part 3: Health Coach Skills and Abilities**

Understand the communication process (verbal, non-verbal), including active listening, compassionate communication, and appreciative inquiry. Learn to work with clients from different backgrounds, perspectives, industries and experiences and the emotional intelligence needed in both spontaneous and structured conversations.



## **Part 4: The Stages of Change and Human Behavior Theories**

Learn to facilitate behavior change by empowering the client to self-discover values, resources, and strategies that are individualized and meaningful. Understand the Stages of Change Theoretical Model, Maslow's Hierarchy of Needs, and other Theories of Human Behavior and how to apply them throughout the coaching relationship.

## **Part 5: Motivational Interviewing History, Core Elements, and Foundational Principles**

Discover the history of Motivational Interviewing and its core elements. Learn the foundational knowledge of importance, confidence, motivation, and readiness as it relates to behavior change. Practice elements of each with real clients and receive feedback from experts.

## **Part 6: The Four Processes of MI**

Learn how to establish rapport with clients through the Motivational Interviewing process of Engaging, Focusing, Evoking, and Planning. Explore how to enhance both importance and confidence to create motivation for change, and set appropriate goals and targets.

## **Part 7: Group Coaching**

Discover how to expand your core coaching skills to a group setting. Learn the role of the facilitator, understand the differentiation of coaching styles, common ground rules, benefits, and challenges.

## **Part 8: Health Education**

Become well-versed in chronic disease prevention and the healthy lifestyle behaviors required to manage them. Topics include physical activity and nutrition, tobacco and alcohol use, sleep and life balance, mental health and stress risk, chronic diseases, biometric measurements, and metabolic syndrome.

