

Wellness Workdays' Certified Health and Wellness Coach Certification Program

Frequently Asked Questions



What are the benefits of becoming a Certified Health and Wellness Coach?

Becoming a Certified Health and Wellness Coach will help you develop a rewarding career and skillset that enables you to help others improve their health and well-being. You will step into a high-demand, rapidly growing field as the need for prevention and lifestyle management is high. Along with doing what you love, becoming a Certified Health and Wellness Coach can create new and versatile employment opportunities and flexibility with your work.

Is the program self-paced?

Yes, the program is self-paced. You have one year to complete the program from the date you purchase the certification package.

How long will it take me to complete the program?

It is estimated that the program content will take approximately 80 hours to complete.

What is the program structure?

Each curriculum module contains webinars, interactive assignments, relevant reading, and quizzes. There is a final examination at the end of the program, as well as a final mock health coaching session you will need to complete.

What are the curriculum topics?

See our [Curriculum Snapshot](#) handout for a curriculum overview.



How much time will I need to dedicate in order to be successful in the program?

Depending on your schedule and goals, you may complete the program in 3-6 months. Expect to dedicate 4-6 hours per week towards the certification.

What will I learn in the program?

By completing the program, you will learn to be a successful health and wellness coach who can successfully facilitate behavior change and empower clients to self-discover values, resources, and strategies that are individualized and meaningful. You will learn how to structure health coaching sessions and serve as a facilitative and collaborative partner. Our health and wellness coaching certification will teach you to identify and understand multiple dimensions of wellness and provide you with a comprehensive, science-based health education around total well-being. You will become skilled in Motivational Interviewing, enhanced communication skills, and so much more!

Are there any prerequisites to enroll in the program?

To enroll in the program, you need a 2+ year degree in a health-related field and/or an advanced certification in a health-related field with demonstrated experience, such as Certified Personal Trainer (CPT), Registered Dietitian Nutritionist (RDN), or Certified Health Education Specialist (CHES).

Why should I choose Wellness Workdays for my health coaching certification?

Wellness Workdays is a proven leader in workplace wellness and has received numerous awards and recognition from industry organizations for successful wellness outcomes. Having 25+ years of experience training 100+ health coaches nationwide, our certification is founded on decades of medical and health-related research; Our content is current and relevant in the ever-evolving health and wellness field. For more reasons, check out [Top 10 Reasons to Choose Our Program](#).

