

Guiding Mindful Change

Mindful Health & Wellness Coach Certification



✦ Course Outline

Course Details

- Welcome to the Mindful Coach Certification
- Course Outline
- Class Schedule and Zoom Link
- In Class Coaching Pairs
- Peer Coaching Pairs
- Roster
- Questions? Ask in the Community
- Helpful Tips to Navigate Through Your Course
- How to download and upload your worksheets

Intensive Training Kickoff - Opening Day

- Agenda
- Intentions & Commitments
- Unhidden Agenda
- Live coaching demonstration and discussion
- Statement of Commitment
- Ongoing Practices
- Assessment and Evaluation
- Private Mentoring Sessions
- Practical Skills Assessment
- Reading List
- Guidelines for Maintaining a Resource Manual
- Practice Coaching Clients
- Peer Coaching
- National Certifications
- Assessment of In-Class Learning Day 1
- Intensive Training Kickoff - Day 1 Recording

Intensive Training Kickoff - Day 2 - Skills and Standards

- Agenda
- Centering/Meditation
- Clearing
- Wisdom from the Future Visualization Exercise
- Transferable Skills and Tools Pre-test
- Live coaching demonstration and discussion
- Professional Standards
- Coaching Ethical Considerations
- Sample Confidentiality Statement
- Guiding Mindful Change Code of Ethics
- Suicide Assessment Chart
- Duty to Warn
- Webinar Schedule and Participation Guidelines
- Promoting, Scheduling and Completing Strategy Sessions
- Sample Script for Strategy Session
- Assessment of In-Class Learning Day 2
- Intensive Training Kickoff - Day 2 Recording

Assignments to Be Completed Before Webinar 1:

- Assignments and Instructions
- Therapy, spiritual counseling, consulting, friendship, and coaching
- Mindful Coaching: A Process of Fulfillment
- Guidelines for Maintaining a Resource Manual
- Assessing Your Readiness to Coach
- Personal Preparation
- Setting and Maintaining Boundaries

Webinar 1 - Mindfulness

- Agenda
- What is Mindfulness
- Contemplation & Self-Discovery
- Action Agreement
- Recording of Webinar 1

Assignments To Be Completed Before Webinar 2:

- Assignments and Instructions
- Discovery Packet
- Practice Coaching Clients
- Sample Invitations to Coaching
- The 15 Second Marketing Connection
- Video Coaching Demo
- Mindful Listening Exercise
- Assessment of In-Class Learning - Webinar 1
- Strategy Sessions
- Guidelines to Promote, Schedule, and Complete Strategy Sessions
- Sample Script for a Strategy Session

Webinar 2 - Presence

- Agenda
- Recording of Webinar 2

Assignments To Be Completed Before Webinar 3:

- Coaching Demonstration Selection #1
- Coaching Demonstration Selection #2
- Define "intuition"
- Assessment of In-Class Learning - Webinar 2

Webinar 3 - Intuition

- Agenda
- Facilitative Coaching Questions
- Coaching Accountability
- Recording of Webinar 3

Assignments To Be Completed Before Webinar 4

- Assignment Instructions
- Whose story is it?
- Group Facilitation
- Logistics and Structure
- Group Coaching Quiz
- Read & prepare for class discussion
- The Road (and Roadblocks) to Success
- Assessment of In-Class Learning - Webinar 3

Webinar 4 - Empowerment

- . Agenda
- . Stages of Change Model*
- . Recording of Webinar 4

Assignments To Be Completed Before Webinar 5

- . Assignment Instructions
- . Helpful Guidelines for Note Taking
- . Mindful Discernment Strategies
- . Practice Coaching Client Release Statement
- . How to Share Resources/Tools with Your Clients
- . Self Care Inventory
- . Forgiveness - The Master Eraser
- . Coaching Demonstration Selection #3
- . Stages of Change Model*
- . Assessment of In-Class Learning - Webinar 4

Webinar 5- Discernment

- . Agenda
- . Mindful Discernment Strategies
- . Commitment Coaching
- . Recording of Webinar 5

Assignments To Be Completed Before Webinar 6

- . Assignment Instructions
- . Pain/Pleasure Essay
- . Mid-term Exam and Assessment
- . Practical Skills Assessment
- . Coaching Demonstration Selection #4
- . Assessment of In-Class Learning - Webinar 5

Webinar 6 - Assessment

. Agenda

. Recording of Webinar 6

Assignments To Be Completed Before Webinar 7

. Assignment Instructions

. My Success Schedule

. Achieving Inner and Outer Directed Goals

. Goals Worksheet

. The Integrity Checklist

. Health & Wellness Coaching Demonstrations

. Assessment of In-Class Learning - Webinar 6

Webinar 7 - Connection

- . Agenda
- . Health & Wellness Coaching Demo Quiz Answers and Rationale
- . Marketing Options
- . Marketing with Webinars and Tele-Conferences
- . Networking Options
- . Recording of Webinar 7

Assignments To Be Completed Before Webinar 8

- . Assignment Instructions
- . Marketing Options
- . Market and Evolve Your Coaching Practice
- . Motivational Interviewing Video and Downloads
- . Motivational Interviewing Quiz
- . Assessment of In-Class Learning - Webinar 7

Webinar 8 - Models of Awareness

- . Agenda
- . Motivational Interviewing
- . Transformative Coaching Questions
- . Recording of Webinar 8

Assignments To Be Completed Before Webinar 9

- . Assignment Instructions
- . Client Feedback Form
- . My Coaching Environment
- . Transformative Coaching Questions
- . Top 10 Secrets to Achieving Any Goal
- . Tips We Can Learn From a Dog
- . Assessment of In-Class Learning - Webinar 8

Webinar 9 - Deepening

- . Agenda
- . Recording of Webinar 9

Assignments To Be Completed Before Webinar 10

- . Assignment Instructions
- . Conscious Closure
- . My Coaching Practice Vision Board
- . Assessment of In-Class Learning - Webinar 9

Webinar 10 - Vision of the Future

- . Agenda
- . Ongoing Support for Certified Coaches
- . Recording of Webinar 10

Assignments To Be Completed Before Webinar 11

- . Assignment Instructions
- . My Coaching Practice Vision Board
- . Assessment of In-Class Learning - Webinar 10
- . Transferable Skills and Tools (post-test)
- . Final Exam
- . Strategy: Where Do I Go From Here?
- . Unhidden Agenda
- . Contacts and Connections
- . Ongoing Support for Certified Coaches

Webinar 11 - Completion

- . Agenda
- . Recording of Webinar 11

Assignments To Be Completed Before Webinar 12

- . Assignment Instructions
- . Course Evaluation
- . Self Assessment on Overall Learning
- . Assessment of In-Class Learning - Webinar 11

Webinar 12 - Fulfillment

- . Agenda
- . Assessment of In-Class Learning - Webinar 12
- . Recording of Webinar 12

Coaching Feedback and Self-Evaluation Forms

- . Feedback After Observing a Coaching Session
- . Feedback After Receiving Coaching From My Classmate (6 times)
- . Self-Evaluation After Coaching My Classmate (6 times)
- . Feedback After Receiving Coaching From My Facilitator (3 times)
- . Self-Evaluation After Coaching My Practice Client (4 clients, 4 sessions each)

Resources

- . Reading List
- . Discovery Packets
- . Coaching Intake Packet
- . Discovery Session Checklist
- . Promoting, Scheduling, and Completing Strategy Sessions
- . Client-Coach Agreement
- . The 15 Second Marketing Connection
- . 25 Top Questions to Expand Awareness and Inspire Action
- . Sample Invitations to Coaching
- . Practice Coaching Client Release Statement
- . How to Record Using Zoom
- . How to Record a Call Using Audio Acrobat
- . Sharing a Secure Link
- . Note Taking Sheets
- . Conscious Closure
- . Client Feedback Form
- . Transformative Coaching Questions
- . Stage-Appropriate Facilitative and Transformative Coaching
- . Practical Skills Assessment
- . Ongoing Support for GMC Certified Coaches

Guiding Mindful Change Health & Wellness Specialty Designation

1. Videos - Narrated, content-rich educational webinars on 14 key health & wellness topics.
2. Fill-in worksheets - Comprehensive resource PDFs you can use to reinforce your learning as you watch the videos and keep as a reference.
3. Quizzes - Each module includes a learning assessment quiz. After completing each quiz, the correct answers are revealed to underscore and support your learning as you prepare for the NBC-HWC exam.

Program Modules

- 3.1.1. Wellness and Well-being Concepts
 - 3.2.1. Hypertension, Prehypertension, Blood Pressure
 - 3.2.2. Diabetes, Pre-diabetes, Fasting Glucose, Hemoglobin A1c
 - 3.2.3. Overweight & Obesity, BMI, Waist Circumference
 - 3.2.4. Cardiovascular Disease (mainly heart disease and stroke)
 - 3.2.5. Metabolic Syndrome, Arthritis and Inflammation
 - 3.2.6. Lipid Abnormalities, Lipid Panels
 - 3.3.1. Healthy Weight and 3.3.2. Optimal Nutrition & Hydration
 - 3.3.3. Physical Activity & Sedentary Lifestyle
 - 3.3.4. Sleep
 - 3.3.5. Stress and Emotional Health
 - 3.3.6. Avoiding Tobacco Use
 - 3.3.7. Moderate or No Alcohol Use & Substance Abuse
- Current Health & Wellness Topics and Trends