



## PROFESSIONAL HEALTH COACH

A highly skilled health coach can make a great difference in a person's life. A health coach is a specially trained healthcare professional such as nurse, dietitian, fitness professional, kinesiologist or a counselor, who helps individuals understand their health status and engage them in more meaningful dialogs than their providers.

The health coach deals with the whole person and with the individual's entire life-style situation. A health coach understands participants' motivational basis, their background, barriers and shortcomings.

A health coach becomes a veritable health partner in whom an individual puts their trust to guide them through difficult situations. A health coach extends a shoulder to lean on. He or she is a sounding board, a source of information, a guide, an adviser and a path maker.

## BENEFITS OF CERTIFICATION

- Increases professional credentials
- Boosts career
- Improves economic base
- Enables independence
- Improves working conditions
- Provides flexible hours

# HEALTH AND WELLNESS COACHING CERTIFICATION PROGRAM

DELIVERED BY:

G. RAYMOND GAVERY, MD



## Location:

Center for Health & Wellness Studies  
250 South Main Street  
Thiensville, WI 53092  
Tel. 262.235.4056

## Sign up Schedule:

3rd week each month or per request  
For next available seminar contact  
[rachelbauer@coachesofamerica.com](mailto:rachelbauer@coachesofamerica.com)

**Health and Wellness Coaching Certification Program**  
**Center for Health and Wellness Studies**  
**250 South Main Street**  
**Suite 201**  
**Thiensville, WI 53092**

# Health and Wellness Coaching Certification Program

## GENERAL INFORMATION LEARNING OBJECTIVES

This course offers an excellent opportunity to broaden your knowledge, boost your career and improve your economic future.

The basic purpose of this certification is to provide health professionals with proper credentials and opportunities in pursuing a career in health coaching and promotion. At the end of this course, the participant will be provided with the knowledge and skills necessary to intervene, counsel and influence individuals to make the right health choices and practice a healthy lifestyle.

Participants will:

1. Demonstrate an understanding of Brief Intervention Coaching Protocol, employing the states of readiness and motivational interviewing to promote behavioral change. Attendees will have practical training with role playing to acquire skills in promoting self-efficacy and readiness to change.
2. Demonstrate an understanding and learn the skills of managing wellness, setting goals and milestones, evaluating compliance, tracking behavior and learning the skills of documenting the client's progress.
3. Demonstrate the ability to identify risk factors using biometric screening tests and biometric data.
4. Demonstrate an understanding in the four major lifestyle risks including stress, nutrition, fitness and tobacco.

## COURSE OUTLINE

### I. Introduction

- Definition/Theoretical Foundation
- Qualifications
- Responsibilities
- Opportunities

### II. Theory and Applications of BICP

- Motivational interviewing
- Open vs. closed questioning
- Handling of resistant participants
- Applying the readiness to change chain
- Setting goals and sustaining change

### III. Practical Application of BICP

- Training in motivational interviewing
- Role playing and application of motivational methods of behavioral modification
- Taking a participant from unaware to ready to change
- Support to sustain changed behavior

### IV. Behavioral Modifications of Health Risks

- Practical application for management of stress, nutrition, fitness and tobacco.

### V. Documentation, Tracking and Reporting Health Risks

- Application of proper tools, guidelines and diaries
- Preparing reports for the customer
- Providing participants with feedback

## INCLUDED IN COURSE :

- ◆ 26 hour seminar with refreshments, breakfast and luncheon
- ◆ Textbook: "A Guide to Health & Wellness Coaching"
- ◆ Resource CD with practical materials
- ◆ Certification
- ◆ Discounted recertification in two years
- ◆ Membership in Healthcoaches of America™
- ◆ Access to additional 6 hours of training

# Registration Form

Name

Title

Daytime Phone:

 (  ) 

Organization

Street Address

City

State

Zip

Check the program you are planning to attend:

May 23rd, 24th, 25th 10am-5pm

June 20th, 21st, 22nd 10am-5pm

July 18th, 19th, 20th 10am-5pm

**COST: \$1,175 PER PERSON**

If you wish to pay by check please complete this form, detach and send it payable to:

**Center for Health and Wellness Studies**

250 South Main Street

Suite 201

Thiensville, WI 53092

If you wish to pay via credit or debit card please call (262) 236-4056.

