Live Well Wellness
Global Coach
TRAINING

Live Well Wellness Global Coach Training
FREQUENTLY ASKED QUESTIONS

The Live Well Wellness Global Coach Training is an interactive learning experience that combines theory and practice to equip participants with the skills and knowledge needed to become a certified coach.

Q: What does the learning curriculum consist of?

The training is divided into 3 core components:

1. **Live virtual training** - Our standard is 48 hours of live virtual training. Topics covered include core coach training competencies including presence, process, and skills and coaching practicum based on motivational interviewing, stages of change, positive psychology, and our BUILD model of coaching.
2. **Independent work** - There will be approximately 12 hours of independent work.
3. **Group mentor coaching practice and feedback**

Q: How is the training delivered?

The training is fully online. You are required to participate weekly for a 3.5-hour period for the duration of the training. To participate in the training, you will need access to a computer that has both audio and video capabilities. We will utilize Microsoft Teams of Microsoft 365 for our virtual meetings, interaction between sessions, and to access all training materials. You can download the Microsoft Teams app to your desktop or access Teams via the online/web version, even if you do not currently use Microsoft Teams. Our training is very interactive and being an engaged participant is key to your overall success in the program. The asynchronous modules for the NBC-HWC path are accessed on a separate online platform. Big Marker.

Q: How many students are accepted into the training?

Cohorts have an average class size of 12 students from around the globe. Our smaller cohorts allow the students to get to know each other, as well as the facilitators, encourage full engagement in the training, and provide many opportunities for personalized feedback.

Q: Will the training equip me to become a certified coach through the National Board for Health and Wellness Coaching (NBHWC) or the International Coaching Federation (ICF)?

Yes, we offer a combined path which meets all training requirements to apply for advanced coach certifications with the NBHWC (National Board-Certified Health and Wellness Coach, NBC-HWC) and the ICF (Associate Certified Coach, ACC). If you are interested in only one of these specific certifications, you may also select only that path.

Q: What is required for the specific training paths, in addition to the 16 weekly live virtual meetings?

- **NBC-HWC required modules** - 18 hours of asynchronous health and wellness modules - NBC-HWC path
- **Practical skills assessment** – NBC-HWC path
- **Individual mentor coaching** - 3 hours individual mentor coaching - ICF path
- **ICF competency review form** - ICF path

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Workplace Options Live Well Wellness Global Coach Training

	NBC-HWC prepared only $2500 16-weeks	ICF ACC prepared only $2500 20-weeks	Both NBC-HWC and ICF ACC prepared $3200 20-weeks
16 weeks of weekly 3.5-hour live sessions: including • 7 hours of group mentoring with live coaching practice • Written feedback on 3 recorded coaching practice sessions with a fellow student • Additional small group activities with and without a mentor • Educational content on coaching competencies, process, and key skills	X	X	X
Approximately 12 hours of independent work	X	X	X
18 hours of recorded health and wellness modules	X		X
3 hours of live 1:1 mentoring of your coaching of an actual client		X	X
NBHWC practical skills assessment	X		X
ICF competency review form		X	X
Access to 3 coaching sessions with a professional certified coach at no additional cost	X	X	X

Q: Which topics will be covered in the asynchronous health and wellness modules? (NBC-HWC path)

Participants will complete the following prerecorded asynchronous modules:

- Whole person and proactive health
- Let's Get Physical

- Healthy Eating 101
- Weight! There's A Lot to Consider
- The Power of Sleep
- Stress Management
- Be Informed for Better Health
- Coaching for Chronic Conditions
- Diabetes in Detail
- Heart Health
- Inflammation, Arthritis, and Metabolic Syndrome
- Coaching to Chronic Pain
- Health - Exploring the Whole Picture
- Cancer, It Is Not Just One Disease
- Chronic Respiratory Disease
- Coaching for Tobacco Cessation
- Substance Use

Q: Who are the facilitators and mentor coaches for the training?

Susan Hochberg, NBC-HWC, PCC, NCTTP
Susan Hochberg is a National Board Certified Health & Wellness Coach, an ICF Professional Certified Coach, and she holds a National Certificate in Tobacco Treatment Practice. She graduated from the Palouse Mindful-Based Stress Reduction program and the Duke-UNC Tobacco Training Specialist Program. Since 2016, Susan has been delivering coaching services such as life, wellness, and tobacco cessation. She also delivers a six-week mindfulness program. Susan's approach is to integrate self-awareness, self-efficacy, and mindfulness into her coaching sessions. She works with clients to realize their own strength and potential through self-compassion and being present. Susan's philosophy towards wellness includes incorporating mindfulness in daily life as well as practicing techniques to reduce stress and increase focus. Susan enjoys spending time outside in the mountains, on the beach, and anywhere in between.

Gretchen L. Hofing MPH, RD, LDN, PCC, NBC-HWC
Gretchen Hofing is a Registered Licensed Dietitian (RD), National Board Certified Health & Wellness Coach (NBC-HWC), ICF Professional Certified Coach (PCC), and Certified Yoga Teacher with expertise in behavior change and community-based health promotion and disease prevention. Her career in public health and nutrition has stretched across the lifespan and the socio-ecological model and has allowed her to serve in roles such as educator, grants manager, training coordinator, subject matter expert, community partner, and coach. Coaching has been a part of her professional career since 2015. Her experience includes coaching groups in the diabetes prevention program, working with individuals through a telehealth provider, and with Workplace Options as a professional coach and facilitator and director of the Live Well Wellness Global Coach Training. Gretchen feels fortunate to have continuously played a part in helping others to live their best lives through work to improve environments, systems, policies, knowledge, and behaviors. In her spare time, Gretchen enjoys biking the area greenways, hiking in Western North Carolina, travel, and cooking.

Michelle Felix, LPC, PCC, BCC, NBC-HWC
Michelle Felix is a Licensed Professional Counselor (LPC), an International Coaching Federation Professional Certified Coach (PCC), a Board-Certified Coach (BCC) through the Center for Credentialing & Education, and a National Board Certified Health & Wellness Coach. She integrates mental health counseling, coaching, and behavioral science to support individual and community growth. Since 2021, coaching has been central to her work across workplace, behavioral health, and social service settings. Michelle's approach blends evidence-based counseling theories with coaching competencies to help clients build resilience, gain clarity, and create meaningful change. She is passionate about guiding individuals and organizations through challenges while aligning values with action. Outside of work, Michelle enjoys family life, outdoor activities, reading, culinary creativity with her spouse—a professional chef—and contributing to community-based initiatives focused on mental health, coaching, and advocacy.

Carla Mortagua, ACC, NBC-HWC
Carla is an ICF Associate Certified Coach (ACC) and National Board Certified Health & Wellness Coach (NBC-HWC) with a background in Clinical Psychology and a passion for personal and professional development. She holds a degree in Clinical Psychology and a graduate specialization in Management and Training Planning. With several years of coaching experience and a rich professional history that spans diverse cultures and age groups Carla brings a unique blend of presence, authenticity, and empathy to her work. These qualities are at the heart of the coaching sessions she delivers, where she supports clients in exploring deep self-discovery and moving beyond habitual patterns of thinking. In addition to coaching, Carla designs and facilitates trainings on a wide range of clinical and coaching topics, drawing on her academic background and practical expertise, an approach that fosters insight, growth, and meaningful transformation.

Sylvia Van Mulders PCC, NBC-HWC
Sylvia, an ICF PCC and NBC-HWC accredited coach and mindfulness trainer, has spent over two decades as a global nomad, integrating work and travel across six continents. With roots in engineering and architecture, she transitioned to coaching in 2020 to pursue her passion for holistic well-being and multicultural connections. Fluent in English, Dutch, Spanish, and French, Sylvia's coaching philosophy blends positive psychology, a growth mindset, and a solution-focused approaches. Her empathetic, pragmatic style fosters transformative growth in clients, empowering them to navigate life transitions and well-being. Passionate about watersports, dancing, and exploring architecture, Sylvia embodies adventure both in her personal pursuits and her coaching practice.

Q: What is the cost of the Coach Training?

The cost of either the NBHWC path or the ICF path is $2,500.00. If you are interested in completing all required training components to meet the standards of both the NBHWC and the ICF, we offer a combined path for $3,200.00. The first step to reserve a spot in the training is to complete the registration and pay the $100 application fee. This application fee is nonrefundable, and it will be applied to the total cost of the training, if you decide to move ahead. The balance is due 1 month before the start of the training which will complete your enrollment and secure your spot *All payment fees will include a 3% transaction fee.

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Please ensure you follow these instructions when completing your payment:

1. In the **Invoice#** field on the payment page, please enter "Coach Training Program."
2. In the **Company Name** field on the payment page, please enter your full name.
3. Select USD currency and pay $100 to secure your spot in the training. Submit the payment.
4. You will get an email confirmation of your registration with instructions on how to pay the remaining cost of the training.

The balance is due a minimum of 4 weeks before the start of the training. There are limited spots available. Ensure that you secure your spot by completing the initial registration and application fee and then pay the balance of the full training fee before this 4 week deadline.

Q: Do you have a payment plan or scholarships?

Currently, we do not have a payment plan. We offer a 10% discount for active or retired military. Workplace Options employees please refer to internal company benefits for tuition information.

Q: I'm interested. How do I sign up?

If you are interested in joining the Coach Training, access the registration form **here**. The registration process also includes a $100 application fee which will be applied to the full training fee. Directions for making the payment can be found above in this document or in the registration form.

If you have further questions or need more information, please contact us at:

wpocoachtraining@workplaceoptions.com