Live Well Wellness
Global Coach
TRAINING



WORKPLACE OPTIONS

Live Well Wellness Global Coach Training

As a global provider of coaching services, Workplace Options brings a high level of practical experience to its **Live Well Wellness Global Coach Training.** Not only has the program been successfully used to train coaches in five continents, it is also:

- ✓ Recognized by the **International Coaching Federation**[1] as a Level 1 Accredited Program providing 66 hours of approved coach-specific education.
- ✓ A National Board for Health & Wellness Coaching Approved Training Program.[2]
- ✓ Delivered in a fully virtual format.

Training participants learn to use motivational interviewing techniques and a values-based whole person approach to coaching, which supports the participant's emotional, physical, and practical wellbeing. Coaches are trained in—and practice—the core competencies of the ICF and NBHWC in their sessions. Training methodology is based on a blending of behavior change theories including positive psychology, management and human

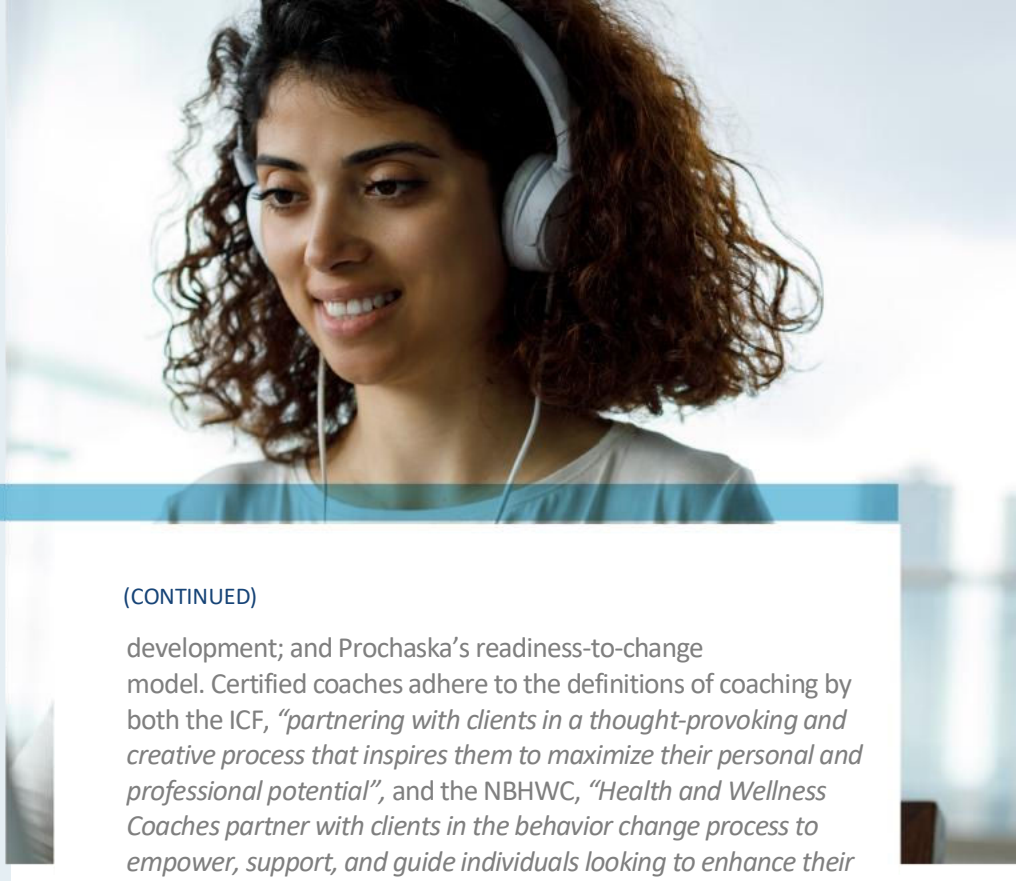
[1] http://www.coachingfederation.org
[2] http://www.NBHWC.org

(CONTINUED)

PROGRAM OBJECTIVES

- Describe the scope of professional coaching globally
- Learn how to effectively establish a coaching agreement
- Distinguish the differences between offering services as a coach rather than a therapist, medical expert, or mentor
- Define the International Coach Federation (ICF) and the National Board for Health & Wellness Coaching (NBHWC) core competencies
- Apply the ICF and NBHWC competencies to structure the coaching conversation
- Learn how to navigate the coaching sessions to build a client's self-efficacy and guide toward lasting support for positive outcomes
- Demonstrate core coaching skills through participation in triad and buddy coaching groups (coach, client, observer)

COMMENTS
FROM PAST PARTICIPANTS



"I would recommend it. It was a great learning experience that can benefit not only your work life but also your personal life as well."

"Delivering coaching was something new to me and it's a valuable addition to my skills. I think what I've learned from the training will be beneficial for my role as a clinician as well since it helps me to be more positive and supportive with the clients."

ICF Level 1 ICF-Accredited Coaching Education

NBHWC APPROVED TRAINING PROGRAM

*The National Board Certified Health & Wellness Coach (NBC-HWC) is the highest created standard for health and wellness coaching. The Health and Wellness Coach certifying exam is sponsored by the NBHWC and the National Board of Medical Examiners. The examination is generally available twice per year at approved testing sites around the world.

WORKPLACE OPTIONS

(CONTINUED)

development; and Prochaska's readiness-to-change model. Certified coaches adhere to the definitions of coaching by both the ICF, *"partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential",* and the NBHWC, *"Health and Wellness Coaches partner with clients in the behavior change process to empower, support, and guide individuals looking to enhance their well-being through self-directed, lasting changes that align with their values."*

Training Components

The training program is fully virtual and delivered in both synchronous and asynchronous learning modules. It includes the following, dependent on training credential path:

- Coach Competency Training: 60-66 hours
- Health and Wellness Knowledge: 18 hours

Graduates of the Live Well Wellness Global Coach Training meet the training requirements to sit for the Health and Wellness Coach certifying examination* to obtain the National Board Certified Health & Wellness Coach credential (NBC-HWC). They also meet the training requirements to apply for the Associate Certified Coach credential (ACC) with the International Coaching Federation.

Continuing Education Credits

The Live Well Wellness Global Coach Training also provides continuing education approved by the National Board for Health and Wellness Coaching.

For more information about the Live Well Wellness Global Coach Training, as well as upcoming continuing education training dates, visit www.workplaceoptions.com/wellbeing_solutions/live-well-wellness-global-coach-training/ or email WPOcoachtraining@workplaceoptions.com.