



INSTITUTE OF  
**HOLISTIC  
INTEGRATIVE  
STUDIES**

# HEALTH & WELLNESS COACHING CURRICULUM OVERVIEW



**APPROVED  
TRAINING  
PROGRAM**



[www.ihistudies.com](http://www.ihistudies.com)

## **Welcome to the IHIS Health & Wellness Coaching Program!**

Get ready to learn the skills needed to be a dynamic health coach and to guide your clients through positive lifestyle and behavioral changes.

In addition, we will provide you with the information and resources you'll need to prepare for the NBHWC exam. With a combination of self-paced online learning, interactive live calls, faculty guided skills assessments, supportive documents, additional learning opportunities and customized feedback from board certified faculty, we feel that this program will be just what you need to succeed in the health and wellness field.

Let's do this!



**JILL BUCARO**

**Lead Instructor**



**ANGIE ATES-CLARK**

**Founder**



**COMPREHENSIVE  
CURRICULUM  
OUTLINE**

# TOPICS COVERED

## 1

### Scope of Practice

- What is Health Coaching
- What Health Coaching is Not
- A Client's Perspective

## 2

### Coaching Structure

- The Coaching Agreement
- Preparation for a Session
- Initial, Early, & Ongoing Sessions
- Program Termination
- Utilizing Assessments

# TOPICS COVERED

3

## The Coach & Client Relationship

- Client Centered
- Trust & Rapport
- Active Listening
- Client Emotions

4

## Key Communication Skills

- Reflections, Summaries & Inquiries
- Expanding the Conversation
- Focusing the Conversation

# TOPICS COVERED

5

## Coaching Psychology

- Positive Psychology
- Appreciative Inquiry
- Motivational Interviewing
- Transtheoretical Model

6

## Motivation & Goals

- SMART Goals
- Process & Behavioral Goals
- Action Steps
- Behavior Tracking
- Client Support
- Addressing Challenges

# TOPICS COVERED

7

## The Coach Approach to Health & Wellness

- Integrating Health Assessments
- Whole Person Perspective
- Chronic Disease
- Health Behaviors

8

## Legal & Ethics

- Professional Conduct
- Coach Self Care
- Code of Ethics
- Legal Responsibilities

# TOPICS COVERED

9

Coaching in Other Environments

10

The Role of a Health Coach in Medicine

11

Preparing for the Exam



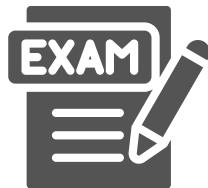
# PROGRAM LOGISTICS



**13 weeks**  
**12 modules**



**Recorded content**  
**Weekly live group sessions**  
**Facilitated coaching skills practice**



**Online Final Exam**

# PRICING

## For CAHP Students and Graduates:

**Paid in Full - \$1997**

**2-Pay Payment Plan - \$1248.50/month for 2 months**

**4-Pay Payment Plan - \$624.25/month for 4 months**

## Regular Pricing:

**Paid in Full - \$2497**

**2-Pay Payment Plan - \$1498.50/month for 2 months**

**4-Pay Payment Plan - \$749.25/month for 4 months**

**ENROLL NOW**



**HEALTH COACH**  
*program*

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**[www.ihistudies.com/coach](http://www.ihistudies.com/coach)**