



## WELLNESS COACH TRAINING

# CURRICULUM

The Mayo Clinic Wellness Coach Training Program includes three components – a 12 session online training, a 4 day onsite workshop, and weekly peer coaching practice. The peer coaching component consists of mandatory weekly coaching conversations among students to facilitate the practice of skills and mentor coaching sessions with faculty. Upon completion of the coursework, students must pass both a written and a practical examination. The Wellness Coach Training prepares students to work as Wellness Coaches within diverse settings by:

- Combining online and on-site learning that maximizes potential for individual growth
- Providing opportunities for group interaction and practice
- Respecting individual needs via a flexible training schedule

Grading and evaluation in the Mayo Clinic Wellness Coach Training uses these tools:

- Demonstration of skills
- Self-assessment exercises
- Faculty reviews. Mayo's system of evaluation provides students and faculty with a comprehensive look at individual performance.

Completion of all elements of the Mayo Clinic Wellness Coach Training Program makes students eligible for Mayo Clinic Wellness Coach Certification and also apply for National Wellness Coach Certification ([www.ichwc.org](http://www.ichwc.org)).

### CURRICULUM OUTLINE

#### **Session 1: Introduction of Wellness Coaching Program and Blackboard Basics**

In this session you get to know your classmates, the faculty, and about the origins of the Mayo Wellness Coach Training. You will become more familiar with the Blackboard Learning Management System you will use during this course.

#### **Session 2: Overview of Wellness Coaching**

In this session you will learn more about Wellness Coaching, including its origins and key concepts. You will be engaged in thought and discussion about the concepts of health and wellness and the distinctions and similarities between coaching skills and other health care skills and roles.

#### **Session 3: On-site Sessions – The Coaching Conversation**

Session 3 is a 4 day on-site training workshop. This workshop will allow participants the valuable opportunity to learn and practice coaching skills in a safe and interactive environment. Participants will begin their practice coaching relationships with their assigned peers and be introduced to the Mayo Clinic Wellness Coaching Model.

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#### **Session 4: Case Studies/Neurobiology and Self-Regulation**

Case studies are utilized to review key skills from the on-site session, and a video presentation discusses concepts of neurobiology in the context of Wellness Coaching. In session 4 you begin your weekly peer coaching practice.



#### **Session 5: Setting the Stage for the Wellness Coaching Process**

In this session you will learn to direct effective communication and coaching skills to the preliminary steps of the coaching process. You will discover how to communicate with an interested client prior to the beginning of coaching, look at the main points to discuss during a consultation, and explore the tools used to reach agreement about the service you are providing.



#### **Session 6: Building the Coaching Relationship**

Evidence-based coaching relationships are explored. Such skills as establishing an alliance and building trust are crucial components for creating a safe environment for change to happen, from your first interaction with the client and throughout the coaching process.



#### **Session 7: Transforming Values and Desires Into Action—Goal Setting and Action Planning Session**

Goal-setting science within a Wellness Coaching context is introduced. The content emphasizes connecting plans for behavior change to what matters most to the individual and evidence-based techniques for designing effective goals.

#### **Session 8: Essential Healthy Lifestyle Guidelines and Health Literacy**

While wellness coaches do not generally dispense advice and education on health guidelines, information provided “just in time” within a coaching relationship can be extremely valuable. In this session, basic healthy lifestyle guidelines and evidence-based resources will be covered.



#### **Session 9: Supporting Lasting Change and Facilitating Closure Session**

Follow-ups offer an opportunity to affirm and encourage a client on their efforts and to refine, discard or create new goals with the client when necessary. In this session you will learn to recognize stages in decreasing commitment and strategies for keeping clients on track into the future.

#### **Session 10: Ethics, Systems and Resources Session**

Key principles and personal virtues that guide our private and professional behavior are reviewed. Coaches should be aware of and commit to ethical standards and codes of conduct, and always practice within these guidelines through diligent self-regulation. We look at issues of client referral, confidentiality, procedures of coaching practice, and evaluating outcomes.

#### **Session 11: Self-Care Session**

In this session the concept of self-care and why it matters is reviewed. Countertransference, burnout, and compassion fatigue can affect your ability to coach, and ways to recognize these and develop personal coping strategies are identified.



#### **Session 12: Integrating Your Skills for the Future**

The practice of developing coaching skills after the course has finished is discussed, as well as the necessary components to be completed to pursue the Mayo Clinic Wellness Coach Certification and the National Board Certification for Health and Wellness Coaching.

