

Wellness Course Training Program Outline

Pre-course Call	Introduction to the Program and Preparation for Blackboard Learn ® The basic program expectations are reviewed with tips for online learning
Session 1	Introduction: Wellness Coaching Program and Blackboard Basics Development of the Wellness Coach Training Program and classmate introductions
Session 2	Overview of Wellness Coaching Origins of Wellness Coaching and key concepts; Health vs. Wellness
Session 3	The Coaching Conversation Onsite Component – 4 Days Mandatory Participation in Rochester, MN Motivational Interviewing, Mayo Clinics 5 E's Coaching Model, Introduction to Peer Coaching, Hands-on Wellness Topics and interactive practice
Session 4	Case Studies/Neurobiology and Self-Regulation Exploration of wellness neuroscience concepts; apply Motivational Interviewing and 5 E's
Session 5	Setting the Stage for the Wellness Coaching Experience Effective coaching skills for the preliminary steps of the coaching process
Mid-Course Conference Call	Special Topics In Wellness Coaching Rotating wellness topics delivered in discussion format by Mayo Clinic experts
Session 6	Building the Coaching Relationship Evidence-based coaching relationship skills, such as alliance-building, are reviewed

Session 7	Transforming Values and Desires into Action: Goal Setting and Action Planning Goal-setting science within a Wellness Coaching context is introduced
Session 8	Essential Healthy Lifestyle Guidelines and Health Literacy Guidelines and resources delivered using a client-centered philosophy
Session 9	Supporting Lasting Change and Facilitating Closure Coaching strategies for follow-up visits; approaches for decreasing commitment
Session 10	Ethics, Systems and Resources Review ethical standards through case studies; articulate personal plans and resources
Session 11	Self-Care Learn to recognize countertransference, compassion fatigue and burnout; explore options for self-care
Session 12	Integrating Your Skills for the Future Final written exam; prepare for your verbal Practical Skills Assessment; Coaching Certification Update