

National Exam Prep Webinar Series: Course Outline

Session 1: Coaching Structure, Process and Communication

- Coaching presence, environment and preparedness prior to and while meeting with a client
- First/early sessions, follow-up sessions and end or final sessions
- Process: Communication and Relationship Building Techniques
- Client-centered, trust & rapport, active listening, presence, empathy, self-compassion, autonomy,
- MI material (OARS, the Spirit, intrinsic motivation, evocative questions, etc)
- Skills to expand, redirect, and reframe a conversation
- Client awareness (self-talk, triggers--noticing patterns)
- Client self-efficacy, support, growth mindset, self-discovery, values, strengths & past successes
- Decisional Balance

Session 2: Theories

- Transtheoretical Model
- Self-Determination Theory
- Social Cognitive Theory
- Self-efficacy

Session 3: Health and Wellness

- Chronic Disease information
- Health Behaviors, risk factors and health promotion (weight, nutrition, hydration, physical activity, sleep, mental health, social determinants of health, stress management, relaxation, tobacco/alcohol use, substance abuse)

Session 4: Ethics and Legal

- Content/sections that cover Professional Conduct, Ethics & HIPAA