

FAQ for National Wellness Coaching Exam Prep Webinar Series

What will be covered in the webinars?

Our faculty will break down key concepts and competencies outlined in the Content Outline provided by the National Board for Health and Wellness Coaching

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

Will handouts be provided?

Yes, supporting resources, including webinar outlines, will be available for you in Brightspace. We highly recommend you take your own notes during the session if you find this useful in your study preparations.

Will a recording be provided?

Sessions will be recorded and available for a short period of time in Brightspace following the course. Date specific information will be found within your Brightspace Course. We encourage live attendance to be able to ask questions and participate in group discussions.

Will I need access to a computer?

Yes, you will need to log into Brightspace using a desktop or laptop computer. Cell phone apps and iPads will limit access and functionality of the course materials. Students need to be in a quiet environment, preferably with headphones and web camera active and ready.

Do I have to attend all 4 sessions? What if I can only attend 30 minutes a session?

We recommend participating in the four webinars to get the most of your review time. This course was built to provide highly interactive, synchronous study group sessions, and live attendance is strongly encouraged. It is not created to be solely asynchronous review. Students should be able to attend at least three of the four sessions live.

I only want information on the health disease and conditions – can I just pay for this one webinar?

No, our webinars are sold as a package providing you the opportunity to form a collaborative study group and provide an integrated content review of critical coaching areas.

May I register for multiple sessions (Example: January and September)?

Yes, you may register for as many as you would like. The content will be replicated in each offering, but some may find it helpful for their study habits to hear the information additional times and work with multiple individuals.

Will you hold more of these in the future or when will the next ones be offered?

Yes, these will traditionally be offered a month or two prior to each NBHWC exam.

Who are the instructors for these calls?

Faculty from the Mayo Clinic Wellness Coach Training through the Healthy Living Program will be leading the webinar sessions. Our core faculty are credentialed National Board Certified Health & Wellness Coaches (NBHWC) as well as Mayo Clinic Certified.

When is the best time to take this prep course? Can I take this prep course now and not take the exam until later in the year?

This really is based on your own individual needs and preparation strategies. Some individuals may prefer to have study material early to continue to review or some may prefer to review closer to their exam date.

Is there a discount for past training program coaching students?

No

Are these interactive webinars?

Yes - these webinars will offer both lecture and chat function to discuss with participants. We

also encourage Q & A with participants and staff. The series is intended to be live, synchronous instruction.

Do I have to be a Mayo Clinic Certified Coach at this time to participate?

You are welcome to take the classes any time after you have attended the Mayo Clinic training program. However, to register for the national exam you must have completed your coaching log/hours. You do not need to have completed the Mayo Clinic certification in advance of the national exam.

Do I have to have Mayo Clinic's Wellness Coach Training to participate? (As opposed to other training programs)

Yes. These sessions will refer back to training elements taught specifically from the Mayo Clinic Wellness Coach Training and include reference to the Mayo Clinic Model of Coaching.

[Contact us](#) with questions!

The Mayo Clinic College of Medicine and Science (MCCMS) strives for an inclusive learning environment. If you anticipate or experience any barriers related to the format or requirements of this course, or if you determine that additional disability related accommodations are necessary, please contact the Wellness and Academic Support – Disability Access Services office at [Wellness and Academic Support - Disability Access Services Office](#)

Contact [Wellness Coach Training Team](#) with any questions!