Wellness Inventory Certification Training



NBHWC | APPROVED TRAINING PROGRAM

"…a foundational tool for wellness development."

SRI International (Formerly Stanford Research Institute)

https://BodyMindSpirit.com

WELLNESS INVENTORY

Do You Want to Become a Wellness Coach?

Join us for a dynamic personal and professional wellness journey as you learn to become a Certified Wellness Inventory Coach.

You will learn a powerful whole person wellbeing model that differentiates you from other wellness coaches and professionals.

A pioneer in wellness coach education, our innovative certification training is based on the Wellness Energy System (12 dimensions model), our Holographic Growth Process, and our foundational Wellness Inventory program.

Our training takes place in two levels, each of which is 14 weeks and delivered live via Zoom, in an interactive, highly participatory format. Completing the Level I training provides the credential of Certified Wellness Inventory Facilitator, and completing Level I and II provides the credential of Certified Wellness Inventory Coach.

HealthWorld Online - Wellness Inventory Certification Training is an Approved Health and Wellness Coach Training & Education Program by the National Board for Health and Wellness Coaching (NBHWC). Graduates of this program are eligible to apply for the HWC Certifying Examination to become National Board Certified Health & Wellness Coach (NBC-HWC).



Level I Certification Training

The Level I Certification Training has a rich, whole-person focused wellness curriculum with live, in-class discussion, wellness coaching instruction, weekly focus on one of the 12 dimensions of wellness and their application in coaching, weekly buddy coaching sessions between classes, unique and extensive support material, and a written proficiency portfolio. The 14-week training is delivered live via Zoom as a weekly, 2-hour, highly interactive class with two live instructors.

The training is a vibrant, highly interactive learning experience, both personally and professionally, and creates an environment that encourages high levels of participation and live discussion. All classes are saved as mp4 videos for later review.

Wellness Energy System & Holographic Growth Process

The Wellness Inventory is an online, whole person assessment and life-balance program that focuses on the 12 key dimensions of wellness of the Wellness Energy System developed by wellness pioneer and innovator, John Travis, MD, MPH. The training helps you gain proficiency in using this model, represented by the 12-part Wellness Wheel, with clients.

"Goes deeper to the core of what it means to be human."

Virginia Schoenfeld, MPH, PhD
Commander, US Navy (IRR)

In the weekly exploration of each of the 12 dimensions you will quickly discover that in this dynamic, whole person systems' approach, all the dimensions are intricately interconnected and mutually interdependent. Each dimension impacts the other dimensions in the Wellness Energy System, and each impacts the whole person. We refer to this phenomenon as the Holographic Growth Process.

The process of working with the Wellness Wheel helps you to develop greater coherence in your personal life. With these new insights you will learn how to use our Holographic Growth Process in your coaching to facilitate greater self-responsibility, coherence, and wellbeing in your clients' lives.

Summer 2024 Level I Schedule

July 16 – Oct. 15 (Tuesdays 7-9 ET, 6-8 CT, 5-7 MT, 4-6 PT)*

* *Coaching Skill Labs: Thursday Sept. 19 & Oct. 3 (7-9 ET)*

Level I Fee: $1,995
Pay in full by June 30 & save $200 – only $1,795. Register
Payment Plan: 4 payments of $499. Pay by June 30. 4 payments of $474. Save $100.

Level II Certification Training

(Holographic Coaching Practicum)

Our Level II Training, the Holographic Coaching Practicum, is a 14-week class offered to students who have completed our Level I class. This course deepens students' practical coaching skills and gives greater expertise in using our 12 dimensions model, the Holographic Growth Process and Wellness Inventory program in coaching.

The curriculum is both didactic and experiential and each class will include real-time practice coaching sessions. Each student will have the opportunity to have a minimum of 3 practice coaching sessions with instructor feedback, as well as a Practical Skills Assessment. The setting is one of discovery, emotional safety, and genuine positive regard.

A minimum of one buddy coaching practice session between classes is required; however, it is recommended that students get in as many practice sessions as possible. Practice sessions can be with anyone who genuinely wants to be coached. Participants receive 3 free Wellness Inventory subscriptions to use with practice clients during Level II.

The training meets for 2 hours weekly via Zoom in a highly participatory format.



2024 Level II Schedule

Nov. 12 – Feb. 25 (Tuesdays - 7-9 ET, 6-8 CT, 5-7 MT, 4-6 PT)

Level II Fee: $1,995

Register for Level I & Level II & pay in full by June 30 - save $400. Only $3,590. Register

Payment Plan: Pay by June 30. 6 payments of $631 or 8 payments of $474. Save $200.

Wellness Inventory Program

In the Level I Certification Training you will also focus on deepening your expertise in using the Wellness Inventory to help clients become more engaged in improving their personal wellbeing. You will learn an effective strategy for using the Wellness Inventory program support your clients, including the Whole Person Assessment, Wellbeing & Motivational Profiles, Action plan, Progress Tracker, SMART Step Process, Self-Care Practices (for all 12 dimensions), and My Journal.

You learn how to create personal wellness action plans within the context of "change readiness" (Six Stages of Change), and to utilize an approach of small steps for continual improvement (Kaizen). This approach leads to a higher rate of success as it focuses on the areas that the client is most motivated to improve.

You will learn how to strategically utilize coaching skills to maximize the effectiveness of the Wellness Inventory to support your clients' overall wellbeing, whether in the context of a coaching session, groups, workshops or organizational wellness programs.

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Levels of Certification

Whether you are new to coaching or an experienced coach, you'll learn how to maximize the effectiveness of the Wellness Inventory for helping your clients or employees achieve their goals. There are two levels of Certification:

Certified Facilitator

Graduates of the 14-week Level 1 Certification Training are designated as a Certified Wellness Inventory Facilitator. This course provides the fundamentals of wellness coaching and prepares you to deliver the Wellness Inventory program to your clients, patients or employees. Our Level I Certification Training is 32 hours.

Certified Coach

Graduates who then complete our 14-week Holographic Coaching Practicum (Level II) are designated a Certified Wellness Inventory Coach. This training deepens your coaching core competencies and takes your professional coaching skills to the new level. Our Level II Certification Training is 34 hours and an additional 15 hours of asynchronous learning by video on health & wellness topics.

National Certification

National Board Certified Health & Wellness Coach

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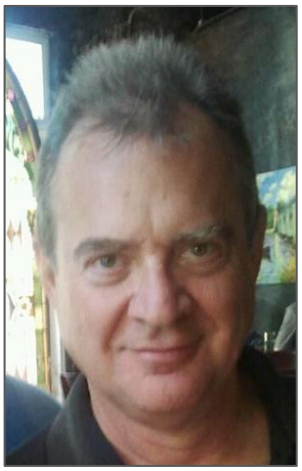
APPROVED TRAINING PROGRAM

Certification Faculty



Jim Strohecker is an e-health pioneer, author, speaker, wellness educator, CEO/co-founder of HealthWorld Online and a National Board Certified Health & Wellness Coach. Jim was co-creator of Healthy.net, the first major online network focused on alternative health and wellness, launched in 1996, as well as the co-creator of the online Wellness Inventory program and the highly regarded Wellness Inventory Certification Training. With over 40 years of experience in the fields of human potential, wellness, and holistic health, he has been a leader in the wellness revolution via training, publishing and e-Wellness. Co-author of five books, he was executive editor of the influential *Alternative Medicine: The Definitive Guide*, and is publisher of *Healthy Update*, a weekly e-newsletter on wellness, mindfulness, and integrative health, now in its 28th year.

A Phi Beta Kappa graduate of the University of Tennessee in Anthropology, his interests have taken him from archeological expeditions to Mayan ruins in the Yucatan to years of intensive study of meditation, self-inquiry, and yoga philosophy in India. Jim has served on numerous boards, including the President's Advisory Council for Bastyr University, the Board of Trustees of the American University of Complementary Medicine and the Institute of Natural Medicine, and the advisory boards of Nourish America, Academy for Guided Imagery, the National Workforce Health Economics Summit, and the National Wellness, Prevention and Fitness Conference.

In 2016 he received the Circle of Leadership Award from the National Wellness Institute for outstanding contributions to the field of wellness. Jim and his wife Nancy and their cat, Déjà vu, live in the foothills of the Sierra Nevada Mountains in Northern California.



Colleen Harshbarger, MS, NBHWC, our Director of Training, is a National Board Certified Health & Wellness Coach and registered yoga teacher who is passionate about helping people live healthy, vibrant, and authentic lives.

Colleen has extensive experience leading comprehensive, integrated approaches for creating cultures of wellbeing in higher education, government and for-profit organizations. She advocated for, established, and directed Reebok International's award-winning employee wellness program from 1987 – 1993. She also initiated and led the development of a comprehensive student wellbeing

Certification Faculty

Colleen Harshbarger (cont'd)

program, liveWELL for WELLWVU at West Virginia University. The experiential-based curriculum that Colleen and colleague Shannon Foster developed for an academic course, "Enhancing Wellbeing", based upon the Wellness Inventory, won an award for wellness innovation from the American College Health Association.

Under Colleen's leadership, Greater Morgantown and West Virginia University became the first accredited Safe Communities in the United States, with a joint municipality and university designation by the National Safety Council. Currently, she serves as the Chair of the City of Morgantown's Health & Wellness Commission and as a consultant to the city on The Blue Zones Project®.



Gail Haun, RN, MS, MCC, NBC-HWC is a certified personal and professional life coach from Coach Training Institute (CTI), a master credentialed in coaching with the International Coaching Federation (MCC), and a National Board Certified Health & Wellness Coach. Gail is also a Certified Wellness Inventory Coach. Gail is our Mentor Coach as well as an instructor in our Certification Training.

Gail has a Masters in Nursing from the University of Colorado with an emphasis in education and leadership. Serving as Senior Nurse Executive in acute care, she pioneered many innovative delivery systems that fostered collaborative practice and early empowerment models for health care practitioners. Gail works in private practice with adults seeking a more balanced, fulfilling life. Among her areas of expertise are leadership development, creating a passionate life, financial health to wealth, mind-body health and wellness. Gail also presents on these topics.

Gail has participated in pioneering a Health Ministry in a large church congregation in Denver and will be continuing to support, educate and speak to Denver metro Parish nurses about wellness in church congregation communities. She empowers people to take Self-Responsibility and embrace more practices of Self-Love to restore to wellness. Her gentle, compassionate way invites curiosity and new possibilities to make lasting change in one's life.



"Goes deeper to the core of what it means to be human. This training is the most comprehensive and in-depth approach to coaching in the market today "

Virginia Schoenfeld, MPH, PhD, Commander, US Navy (IRR)

"Hands down the best, most comprehensive, and useful training I have ever taken."

Eileen Manglass, LCSW

"Anyone who wants to support themselves or others in moving towards wellness will benefit from this training."

Kendall Ritz, MD

"The training is a strong and enjoyable foundation for starting and completing one's journey to holistic well-being. At the same time, it offers a very practical way of learning how to coach others meaningfully on all the dimensions of wellness."

Marco Escareal, MD, CWWC



To learn more about our program, please contact:

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Or register for a free webinar.

https://BodyMindSpirit.com
(click on “Coach Training”)