**Certificate in Wellness Coaching (CWC) for Leaders or Coaches in Government**

Are you interested in improving support on health and wellness topics as a coach? Are you looking for quality International Coaching Federation (ICF) **CCE hours** for certification or re-certification?

***Join us for this educational, professional, and life enhancing program.***

**Course Schedule**

Starting January 3, 2022 (Winter Quarter), Mondays online 6:00 p.m. 8:00 p.m. ET

Select either a 5-week course (20 CCE hours) or 10-week course (40 CCE hours).

### What a Certificate in Wellness Coaching can do for you:

### Increase your knowledge and skills to support a client’s behavior change related to their health and wellness goals.

### Join an elite group of leaders and coaches trained to support healthy lifestyles in the government context.

### Earn high-quality coaching hours to apply for ICF certification or re-certification.

**Learning Objectives**

This course offers participants the knowledge and practice on the skills for coaching on health and wellness issues such as management or prevention of chronic disease, stress management, etc.

Course objectives include:

### Identify tools, resources, and common coaching models to fully support the client’s professional and or personal goals for health and wellness coaching.

### Develop an awareness of ethics to create a supportive environment on lifestyle issues for coaching clients.

### Identify potential challenges and strategies for overcoming common pitfalls in behavioral change coaching.

### Practice the ICF 2020 core competencies that promote coaching excellence in health and wellness.

### Critique the coaching competencies to facilitate risk reduction through a one-on-one health coaching engagement.

### Why This Course?

Faculty share their experiences, techniques, and methodologies for coaching on lifestyle issues in the workplace. The course features mini-discussions and presentations, coaching exercises, case studies, small group exercises, and text readings. The course is based on national professional standards for supporting behavior change in clients.

**Price and Prerequisites by Course Length**

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| **Certificate in**  **Wellness Coaching** | **Tuition (Early\*)** | **Tuition**  **(Regular)** | **Prerequisite** |
| 1. 40-Hour Course | $2,000 | $2,500 | Highly recommended (not required) is completion of a formal coaching training on core coaching competencies. |
| 1. 20-Hour Course | $1,000 | $1,250 | None. |
| \*Early rate applies if paid two weeks prior to first day of course. See UGC’s cancellation policy at UniversityofGovernmentCoaching.com. | | | |

For questions about course content, registration, or group pricing, please email course managers Ms. **Barbara Hulick** at **[blhulick@aol.com](mailto:blhulick@aol.com)** or **Dr. Sue Stein** at [**jsstein018@gmail.com**](mailto:jsstein018@gmail.com)

This course is designed to include the coaching process for readiness, a standard group coaching model, coaching resources and tools, professional resources, and subjects relevant to coaching for change in the context of wellness in the workplace.

It features mini-discussions and presentations, coaching exercises, case studies, and small group exercises, and most of all discussion with experienced government and private sector coaches who are currently coach-readiness for change in the context of wellness for the Government workplace.

The workshop is based on ICF core competencies (2020), a noted standard for effective coaching and the Trans Theoretical Model (TTM) to coach readiness for change.

***We hope you can join us for this educational and professional, credential-enhancing program.***

***No prerequisites for this course. It is highly recommended participants complete OCS or a similar coach training course on one-on-one coaching competencies.***

**Price:**

Tuition for the Program is $2500 regular tuition (10-week version) or $1250 regular tuition (5-week version). The early bird rate if paid 2 weeks prior to class is $2000 (10-week version) or $1000 (5-week version). This class is also available for groups online by contract. Payment by check or SF 182.

***Registration Contact*:** Ms. Barbara Hulick by email at [blhulick@aol.com](mailto:blhulick@aol.com) or call: 703-569-0061

Note: For our UGC cancellation policy, see our website: [www.universityofGovernmentcoaching.com](http://www.universityofGovernmentcoaching.com)

**Registration Form:**

Course: Certificate in Wellness Coaching (Check one): 5-week version ( ) or 10-week version ( )

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Number of Formal Coach Training Hours Completed: \_\_\_\_\_\_\_\_\_\_\_\_ Course Title:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_