

mindbodygreen | health coach certification

best-in-class coaching grounded in a holistic approach to wellbeing



Approved
Training
Program

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Questions?

You can reach a Program Advisor at any time: mbgcoaching@mindbodygreen.com

a note from our founders

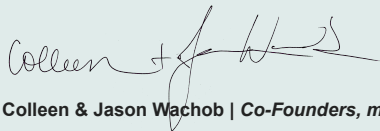
We founded mindbodygreen over a decade ago in response to difficulties we were having with gaining access to the high quality, science-backed information we needed to take control of our health and improve our wellbeing.

Today, our founding ambition remains as relevant - and critical - as ever. We are immensely proud to not only continue to fulfill our mission as a leader in the field of wellness - but to do so rooted in the core belief that true health is interconnected: our minds, our bodies, the foods we eat *and* our environment combine to create wellbeing.

We remain uncompromising in our pursuit of this holistic insight, grounded in current information & backed by science, in order to empower you with the ability to make a positive impact on your life and on the lives of others.

This is the type of health coach programming that was missing for us and these were the types of wellness practitioners we wanted helping us as patients and consumers. So this is why we created mindbodygreen Health Coaching.

We are so grateful for your interest in our NBHWC Approved Training Program - and we hope to have the privilege of welcoming you to the mindbodygreen community soon!



Colleen & Jason Wachob | Co-Founders, mindbodygreen

about health coaching

Health coaches are trained wellness experts who work with clients to understand their health goals, to develop individualized wellness plans in service of these goals, and to provide the ongoing support needed to establish and maintain the lifestyle practices that will enable patients to sustain their goals over time.

A well-trained health coach acts as a guide and ally: working with patients to create new, healthy habits, let go of unhealthy behaviors, transform health ambitions into realities, and ultimately help their clients become their own most powerful advocates.

This care is often more holistic than, and extends beyond, what can be achieved through visits to a doctor's office alone, with a focus on integrated wellbeing and a model of ongoing care. The scope of a health coach frequently includes nutrition, movement, stress management and sleep - but will vary based on an individuals' needs.

With rates of chronic illness at an all-time high and more people than ever seeking to take control of their health and wellbeing, health coaches are uniquely positioned on the leading edge of healthcare - - so it's no surprise that they have continued to be in such high demand. (The New York Times recently published 'We Could All Use a Health Coach' which reinforces this very idea.)

So if the idea of joining in a rapidly growing field, with the ability to have a tangible, meaningful impact on the health & wellbeing of others is compelling to you - - read on.

"One thing many people I've worked with have in common is that they have a goal—they want to feel better in some way—but they are having a hard time getting started. Or, they feel like they've tried everything but it's 'not working' and they need help with motivation or getting set up with an individualized plan that is going to help them start to move toward their goal."

Jessica Cording, M.S., R.D, CDN & NY-based Health Coach

why mindbodygreen?

mindbodygreen's Health Coach Certification is an accredited health coach training program that will equip you with the confidence to create meaningful change as a leading-edge wellness professional in just 20 weeks.

We believe that more isn't always... 'more', and have thoughtfully distilled down the latest, science-based thinking in order to craft an educational experience that weaves together best-in-class health coaching with mindbodygreen's interconnected wellness philosophy. You'll receive a robust, relevant and actionable education without all of the unnecessary extras.

The proof? Our program is one of the few backed by the National Board for Health and Wellness Coaching (NBHWC), a partner of the National Board of Medical Examiners and the gold standard in coach training.

You'll stand apart as a leading-edge health coach, with training from one of the most forward-thinking and comprehensive programs available and full confidence in your experience and excellence - irrespective of your future path. All in a matter of 20 weeks.



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With the unprecedented need for qualified health coaches, mindbodygreen's Health Coach Certification is exactly what healthcare needs right now. Their NBHWC-backed program should not only be considered the gold standard in training, but serves as a critical differentiator for wellness practitioners in today's healthcare climate.

- Frank Lipman, M.D.

NYT Best-Selling Author & Director of Eleven Eleven Wellness Center

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this program is for you if you're...

An aspiring health & wellness professional who's interested in launching a career as a health coach.

Already a health coach who wants to elevate your expertise in the field so you can provide more comprehensive guidance to your patients.

A professional in the health or wellness space with an interest in broadening your career through a Health Coach Certification.

An advanced consumer who's ready to take a deeper dive into learning more about how to improve your health and wellbeing.

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I immediately found health coaching to be a nice complement to my R.D. work. The holistic approach spoke to how I had been wanting to work with people all along and enabled me to guide my clients more effectively as they built healthy habits to help them thrive.

- Jessica Cording

M.S., R.D, CDN & NY-based Health Coach

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program overview

our approach: what & how you'll learn

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our faculty: who will teach you

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our requirements: what you'll need to enroll & to graduate

our approach | what and how you'll learn

Our program is centered on an interactive, cohort-based learning experience led by a unique array of world-class health coaching & wellness experts.

Each week of the program weaves together theory with practice, through a combination of live virtual lessons, online videos, interactive exercises & evaluations, designed to optimize knowledge retention & skill building.

Over the course of 20 weeks, you will gain deep expertise on the following core health coaching competencies:

Health & Wellness

Coaching Structure & Process

Interpersonal Engagement & Relationship-Building

Ethics & Legal

And, **foundational to our approach is ensuring abundant real-time skill building**. Beginning with weekly peer & faculty mock coaching sessions, we are focused on ensuring that you are confidently ready to practice coaching by the time you graduate.

What's more: **you'll learn through mindbodygreen's custom online learning platform, which means you'll have access to every aspect of the program, at any time, from anywhere.**

our approach | curriculum overview

WEEK 1 <i>The Case For Health Coaching</i> <hr/> 1. Welcome to the Program 2. What is Health Coaching 3. How is the Health coaching Profession Different from Other Professions 4. What's in scope for Health Coach (and What Isn't)	WEEK 2 <i>The MBG Wellbeing Model</i> <hr/> 1. Ways of Thinking about Health & Wellness 2. Illness/Wellness Continuum 3. Health/Illness Through a Functional Lens	WEEK 3 <i>Behavior Change Theory</i> <hr/> 1. Self-Determination Theory, Social Cognitive Theory & Coaching Applications 2. Transtheoretical Model of Change	WEEK 4 <i>Communication: Mindful Listening, MI, Oars, Scaling, Reflections</i> <hr/> 1. Intro to Motivational Interviewing 2. Powerful Questions / OARS 3. Mindfulness Tools & Mindful Coaching	WEEK 5 <i>Communication: Nonviolent Communication & Appreciative Inquiry</i> <hr/> 1. Nonviolent Communication 2. Appreciative Inquiry	WEEK 6 <i>The Arc of a Coaching Relationship</i> <hr/> 1. Maintain Professional Behavior 2. Creating the Alliance: Domination vs Collaboration Paradigm & Creating Rapport 3. The Coaching Agreement	WEEK 7 <i>Setting Smart Goals</i> <hr/> 1. SMART Goal-Setting
WEEK 8 <i>Integrating Assessments & Measuring Progress</i> <hr/> 1. How Do We Measure Progress in Coaching? 2. Navigating Feedback, Apps and The Quantified Self	WEEK 9 <i>Difficult Conversations, Conflict Resolution, Ending The Coaching Relationship</i> <hr/> 1. Self-Monitoring & Management of Triggers and Boundaries 2. Conflicts of Interest 3. Ending the Coaching Relationship	WEEK 10 <i>Integration Week: Shadow Work & Personal Development</i> <hr/> 1. Shadow Work 2. Work-Life Balance	WEEK 11 <i>Mind-Body Skills in Coaching</i> <hr/> 1. Mind-Body Skills in Coaching 2. Healthy Thought Habits	WEEK 12 <i>Lifestyle Factors: Stress & Resilience</i> <hr/> 1. The Stress Response as Core Driver of Disease 2. The Effects of Stress & Healthy Ways to Cope 3. Resilience 4. Letting Go & Acceptance	WEEK 13 <i>Lifestyle Factors: Sleep</i> <hr/> 1. Introduction to Sleep 2. Lifestyle Behaviors & Their Impact on Sleep 3. Coaching Clients on Sleep 4 Chronic Disease I	WEEK 14 <i>Lifestyle Factors: Physical Activity</i> <hr/> 1. Coaching on Physical Activity 2. Chronic Disease II
WEEK 15 <i>Lifestyle Factors: Nutrition</i> <hr/> 1. Nutritional Models & Ways of Eating 2. Nourishment & Disordered Eating	WEEK 16 <i>Lifestyle Factors: Addiction</i> <hr/> 1. Addictions & Tobacco Cessation 2. Chronic Disease III	WEEK 17 <i>NBHC Code Of Ethics</i> <hr/> 1. Act in the Best Interest of the Client 2. The Importance of Ethics 3. NBHC Standards of Ethical/Conduct 4. HIPAA Intro & Terminology 5. Confidentiality 6. Coach / Client Agreement 7. Conflicts of Interest 8. Seeking Consultation or Supervision as Needed	WEEK 18 <i>Maintain Security, HIPAA, Privacy Of Records</i> <hr/> 1. Practice in Best Compliance of the Law 2. Maintain Security & Privacy of Clients 3. HIPAA Detail 4. Federal & State Regulations that Affect Health Coaching 5. Admin Requirements & Safeguards	WEEK 19 <i>Putting It All Together/ Practice Coaching</i> <hr/> 1. Applying All You've Learned	WEEK 20 <i>Final Exam Preparation</i> <hr/> 1. Final Exam Preparation	

our faculty | who will teach you

We have intentionally sought out certified health coaches - NBC-HWCs - to will teach, train and mentor you through every step of the program.

We truly believe that there is no better way for you to learn than from than from world-class professionals who have successfully earned their board credentials and spent hundreds of hours working with clients.

But beyond our faculty, when you join mindbodygreen, you become a part of a network of millions of healthcare professionals and wellness enthusiasts worldwide - including our network of alumni, and your cohort peers - who will not only become your allies inside of the program but upon graduation as you tap into professional development, networking opportunities & beyond!

You can learn more about our all of our faculty [here](#).

Faculty Spotlight



Maya Feller
MS, RD, CDN

*Nutrition Expert, Best-Selling
Author, Adjunct Professor NYU*



Darshi Shah
NBC-HWC, CNT

*Health & Wellness Coach,
Speaker, Author*



Emily Marquis
NBC-HWC, ICF Coach,
RYT-200

*Certified Clinical Health & Wellness Coach,
Yoga/Mindfulness Instructor*



Laura Demeri
NBC-HWC, CCP, DipACLM

*Award-winning Educator and Health &
Wellness Coach*



Katrina Watson
RN, MSN, NBC-HWC

*Certified Clinical Nurse Educator
& Health and Wellness Coach*



Joyce Gorman
MS, NBC-HWC, 200 Hr RYT

*National Board Certified Health and Wellness
Coach, Yoga and Mindfulness Instructor*

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mindbodygreen's Health Coach Certification uniquely prepares students to not only pass the NBC-HWC board exams, but to have the confidence to thrive as practicing professionals. Their educational approach goes beyond the traditional to include true skill building, actual scenarios & abundant real-time practice.

- Darshi Shah

NBC-HWC, CNT

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our requirements | enrollment & graduation

enrollment requirements

There are no prerequisites to enroll in the Health Coach Certification.

We've found that about half of our students arrive with a health and wellness background and half are brand new to the industry. So, you absolutely do not need any specific educational or professional background to enroll - or succeed - in the Health Coach Certification.

graduation requirements

In order to graduate from the Health Coach Certification, you must:

- Complete all program requirements within the predetermined 20-week training period, including attending all live virtual lessons (~2 hours/week, on average).
- Participate actively within your unified student cohort—these are the colleagues you'll graduate alongside, and who will make up an important part of your support network.
- Pass all comprehension checks, including earning a passing score on two mandatory practical skills assessments & scoring 80% or higher on the final comprehension exam.

After graduation, you will have the option to continue training to become a National Board Certified Health & Wellness Coach (NBC-HWC). This is optional and not mandatory for graduation.

If you'd like to learn more about board certification, you can check out the NBHWC's online resources [here](#).

our cost | what you'll receive

mindbodygreen's NBHWC-approved Health Coach Certification offers 20 weeks of leading-edge, best-in-class training for only \$4,999.

This is among **the most affordable programs of its kind in the industry** - with no hidden fees or incremental costs to consider. (Some programs require enrollment in their base course before charging more for their NBHWC-approved training!)

What's more: you won't spend six, or even twelve, months in training. **You'll be equipped to put your new credentials to work in just 20 weeks**, which means that you can begin seeing a return on your investment sooner.

When you enroll, you will get:

- **75 hours of cohort-based instruction, including 46+ hours of live virtual lessons**
- **Weekly Q&A sessions with faculty and ongoing instructor office hours**
- 873 pages of study guides (that are yours for life!)
- Library of additional subject-specific materials & resources
- **18 weeks of peer-to-peer & coach-to-peer mock coaching practice**
- 3 practical skills assessments with formal instructor feedback
- Weekly comprehension quizzes and a final program comprehension exam
- **Ongoing, on-demand support from dedicated program management team**
- **Lifetime access to mbg's private community of students & alumni**

We also offer several payment plans through Affirm, including a 6-month, no-interest option.

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The power of combining an accredited coach training with mindbodygreen's holistic wellness philosophy was beyond anything I could have imagined. Adding to this the ability to graduate in a fraction of the time of many coaching programs has made it easily one of the best investments of my life.

- AnneMarie

Health Coach Certification student

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how to enroll

Are you ready to bring deeper meaning to your work, while addressing a growing gap in today's healthcare system?

Then this life-changing career shift is for you.

*If you're ready to enroll, you can visit our **program website** and follow the prompts to get started.*

*If you have additional questions, you can reach out to our team directly at:
mbgcoaching@mindbodygreen.com or schedule a time to connect live **here**.*



mindbodygreen | health coach certification

Thank you!

*For additional program information, including full FAQ,
visit our program website.*