

mindbodygreen

health coach certification

Best-in-class coaching grounded in a holistic approach to well-being



**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

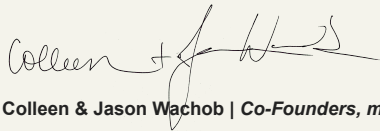
We founded mindbodygreen over a decade ago in response to difficulties we were having with gaining access to the high quality, science-backed information we needed to take control of our health and improve our wellbeing.

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 clients 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 behavior change experts who work with clients to understand their health goals, help them establish new healthy habits in service of these goals, and provide the ongoing support needed to establish and maintain the lifestyle practices that will enable their clients to sustain their goals over time.

A well-trained health coach acts as a guide and ally: working with clients 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 providing board-approved resources to their clients about 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* 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.

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If you are looking for a course that will thoroughly prepare you for NBHWC certification, provide real world experience, live session accountability, and a holistic approach, this course is for you. This course will make you walk the walk, not just talk the talk, which is so important for learning. It will push you out of your comfort zone in a supportive environment, helping you build a strong foundation in health and wellness coaching.

KERRY M.

Non-Profit Manager in Education STEM

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...

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

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

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

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

An aspiring NBHWC board-certified coach.

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This course felt like the Harvard of HWC courses! It was rigorous but accessible and it was apparent there was a high level of thought behind everything that was presented. Faculty set you up for success and was there with you every step of the way. It was easy to trust the process because I trusted their expertise. Highly recommend!

LIZ O.

Health Coach Certification Graduate | Yoga Teacher with 25 Years of Experience

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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:

Coaching Presence, Relationships & Sessions
Theories, Models & Approaches to Behavior Change
Skills, Tools & Strategies
Ethics & Professional Practice
Health & Wellness

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

What is Health Coaching?
A Brief History of Health Coaching

—
Coaching Triad - Building a Coaching Presence

—
What's In Scope for a Health Coach & mbg Wheel of Well-being

WEEK 2

Transtheoretical Model of Change

—
Coaching Triad - Self-Regulation & Listening for State of Change

—
Self-Determination Theory, Social Cognitive Theory & Coaching Applications

WEEK 3

Mindful Listening, Motivational Interviewing, OARS

—
Coaching Triad - Motivational Interviewing

—
Scaling & Reflections

WEEK 4

Appreciative Inquiry

—
Coaching Triad - Appreciative Inquiry

—
Nonviolent & Non-Verbal Communication

WEEK 5

The Arc of a Coaching Relationship

—
Coaching Triad - Practice Initial Coaching Session

—
Demo of Intro Coaching Session Discussion

WEEK 6

SMART Goal-Setting

—
Coaching Triad -SMART Goal Setting

—
Navigating Chronic Disease with Clients

WEEK 7

Accountability & Measuring Progress in Coaching

—
Coaching Triad - Accountability & Measuring Progress

—
Integrating Assessments

WEEK 8

Conflicts of Interest & Ending the Coaching Relationship

—
Coaching Triad - Ending the Coaching Relationship

—
Triggers for Coach and Client & Skillful Interruption

WEEK 9

Personal Development & Healing Presence

—
Coaching Triad Mind-Body Dialogue Tool

—
Professional Development, Self-Care & Avoiding Burnout

WEEK 10

Using Mind Body Tools with Clients

—
Coaching Triad - Practice Your Favorite Tool from Week 10

—
Healthy Thought Habits

our approach | curriculum overview

WEEK 11

Wellness vs. Well-Being
& Illness-Wellness
Continuum Mode

—
Coaching Triad -
Bottom- Lining,
Segueing & Guiding

—
Foundations of
Functional Health

WEEK 12

Stress 101

—
Student Triads Brainstorming Tool
to Coach Through Stress

—
Coaching Around Stress &
Resilience

WEEK 13

Sleep 101

—
Coaching Triad - Coaching
on Sleep

—
Chronic Diseases I

WEEK 14

Coaching on Physical Activity

—
Coaching Triad - Practice
Coaching on Physical Activity

—
Chronic Diseases II

WEEK 15

Coaching on Nutrition

—
Coaching Triad - Practice
Coaching on Nutrition

—
Nutritional Models &
Diet Types

WEEK 16

Coaching on Addiction

—
Coaching Triad - Practice
Coaching on Addiction

—
Chronic Disease III

WEEK 17

NBHC Ethics Deep Dive

—
Coaching Triad - Professional
Development Plans

—
Navigating Conflict of Interest

WEEK 18

Everything You Need to
Know About HIPAA

—
Coaching Triad - Launching Your
Coaching Business Q&A

—
Positioning Statements Workshop

WEEK 19

Coaching Lab 1

—
Coaching Lab 2

—
Coaching Lab 3

WEEK 20

Collapsed Beliefs / Taming
One's Inner Critic

—
Review of Biometric Items
to Commit to Memory

—
Final Exam Announcements,
Celebrations & Success Stories

our faculty | who will teach you

We have intentionally sought out certified health coaches - NBC-HWCs - who 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 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](#).



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 mindbodygreen's 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. This includes attending two 90-minute live virtual lessons every week. The average student spends 7 to 10 hours per week attending all required live sessions, watching the pre-recorded lessons, practicing with their peers, reading the study guides and taking the weekly comprehension quizzes.
- 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 opportunity to apply to become a National Board Certified Health and 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 \$6,499.

This is among **the most comprehensive 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 offer 0% APR financing through Affirm for up to 24 months. Simply choose 'Affirm' at checkout to complete a quick approval process.

**Your rate will be 0%-36% APR based on credit, and is subject to an eligibility check. Options depend on your purchase amount and a down payment may be required.*

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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.