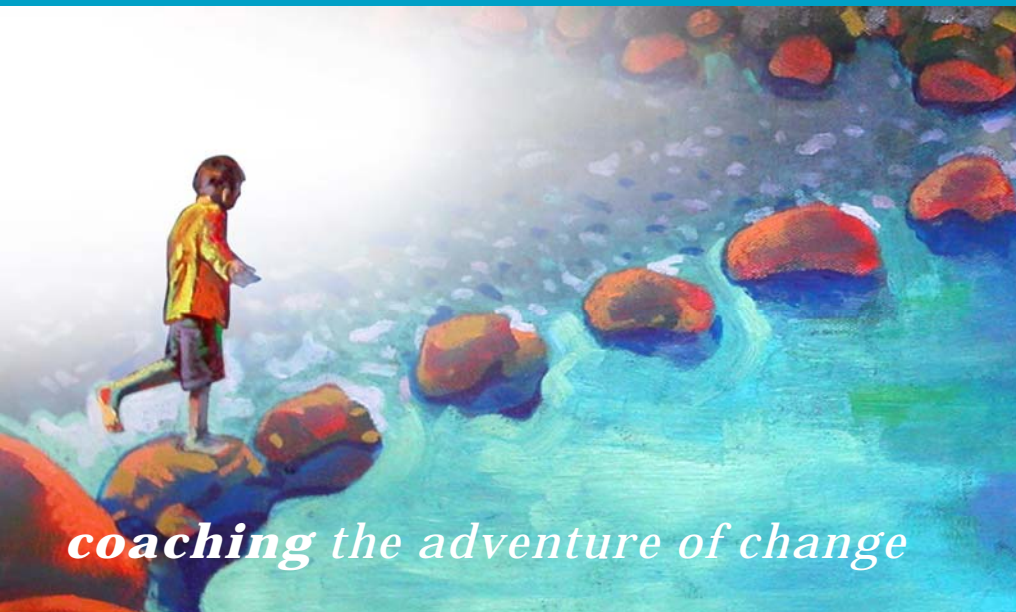


Core Coaching Competencies in Health, Fitness, and Wellness



coaching the adventure of change

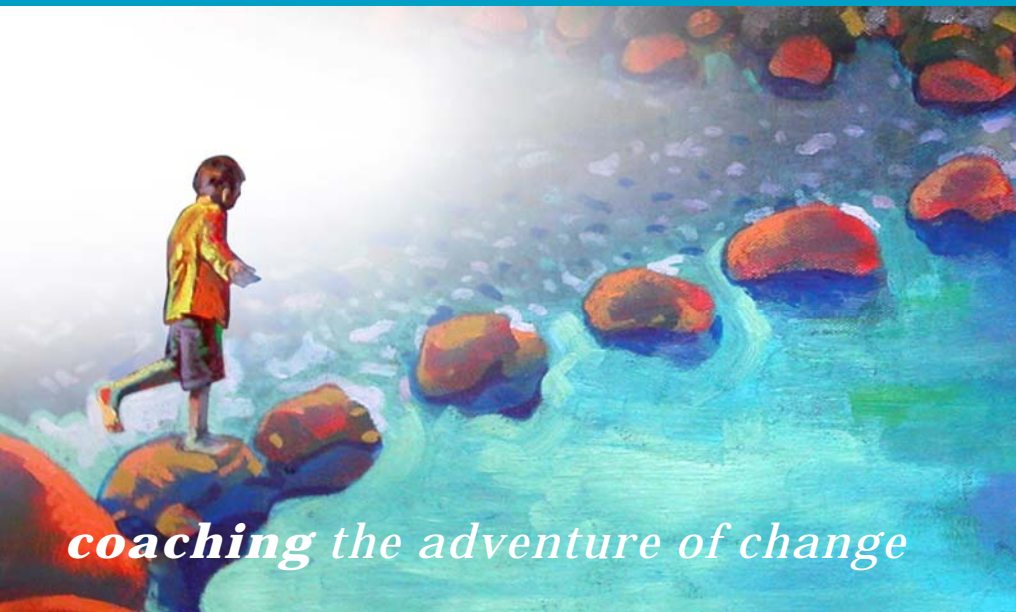
When a client has a coaching session with a good coach, she says “WOW, my coach is good!”

When a client has a coaching session with a great coach, she says “WOW, I’m good!”

Join **Erika Jackson**, executive wellness coach and faculty member of Wellcoaches Corporation, a strategic partner of the ACSM and MFA, for a one-day workshop on wellness and health coaching core competencies. This workshop is appropriate for both experienced coaches and for those new to coaching. Erika will teach and coach using current evidence based positive coaching psychology and skills. You will learn to work with your clients in a way that gives them the power and confidence to make lasting lifestyle changes.

- Workshop:** Core Coaching Competencies in Health, Fitness, and Wellness
- Date/Time:** July 23, 2008; 9 am to 5 pm (noon – 1 pm lunch on your own)
- Location:** Mercy HealthPlex - Anderson at 7495 State Road Cincinnati, OH 45255
- Price:** \$195 which includes a 1 year Wellcoaches membership or 1 year membership extension if you are already a member. Go to www.wellcoach.com for more information about membership benefits.
- Register:** <http://www.wellcoach.com/common/wsCincinnati.cfm> or call 866 932 6224 ext 702
- CECs:** ACSM - 7 credits (an ACSM filing fee of \$20 required). Wellcoaches – 7 continuing education hours

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*When a client has a coaching session with a good coach, she says “**WOW, my coach is good!**”*

*When a client has a coaching session with a great coach, she says “**WOW, I’m good!**”*

Agenda:

- Coaching models in healthcare
- Intro to positive psychology
- Intro to coaching psychology
- Coaching demo – wellness vision
- Core coaching skills and processes
- Coaching practice – wellness vision
- Coach approach to being the expert
- Wellness planning
- Coaching demo – vision to goals
- Principles of Appreciative Inquiry
- Principles of Motivational Interviewing
- Being skills
- Best self
- Coaching practice – vision to goals
- Best lessons learned today