

Becoming a Coach: An Experiential Workshop on Health & Wellness Coaching

Join Erika Jackson, Wellcoaches VP of Training, and Kate Larsen, Executive Wellness Coach & Faculty Member of Wellcoaches School of Coaching, for the newly updated workshop, *Becoming a Coach: An Experiential Workshop on Health & Wellness Coaching*. You will be highly engaged in the practice of core coaching skills during this workshop and gain a basic understanding of current, evidence-based coaching theories by beginning to create your own personal wellness vision. Learn what “being” a coach means, how coaching works to facilitate lasting change, and walk away with tools that you can use immediately with your clients. This workshop is designed as an introduction for those new to coaching and can be a practical refresher for trained coaches.



Wellcoaches Workshop Cancellation Policy

Workshop registration cancellations and refund requests must be received in writing via mail or email. Any applicable refund will be determined by the date that the request is mailed or sent (if requested by email) according to the following policy:

- You may receive a full refund for cancellation, if requested two weeks or more in advance of the workshop.
- You may receive a 50% refund for cancellation, if requested one week in advance of the workshop.
- No refunds will be issued for cancellations less than one week in advance of the workshop.

Disclaimer: Wellcoaches is not responsible for the loss of travel expenses due to weather-related workshop cancellations.

LEARNING OBJECTIVES

1. Define Coaching Psychology and its theoretical foundations.
2. Describe the difference between the coach approach and the expert approach.
3. Examine the benefits of wellness coaching and the different models of coaching in healthcare.
4. Observe and practice the coaching process - Creating a Wellness Vision.
5. Explore Evidence-Based Mechanisms of Action in Coaching
 - Growth-Promoting Relationships
 - Motivation
 - Capacity to change
 - Facilitating the Change Process
6. Practice Core Coaching Skills – empathy, mindful listening, reflections & open-ended inquiry, and skills to reduce ambivalence and resistance to change.
7. Discuss and understand the concept of coaching presence; the way one is “being” as a coach.
8. Explain how positive emotions and character strengths are deployed in the coaching process to build confidence and resilience.
9. Describe the components of a wellness plan.

Date/Time: June 13, 2013
9 am to 5 pm (lunch on your own)
Registration Deadline: June 6, 2013

Location: Empress Hotel
7766 Fay Avenue
La Jolla, CA 92037
(San Diego area)

Price: **Early Bird Fee** (register by May 16): \$195,
Registration Fee (after May 16): \$225
Workshop fees must be paid in full prior to the workshop date.

Register: To register [Click Here](#) or
Call 866.932.6224 ext. 717

CECs: **BOC (NATA)** – 7 CEUs, **CDR** – 7 CECs
ACSM – 7 CEUs, **NASW** – 7 CEUs
Wellcoaches - 7 CCEHs

Hosted by: