



The WellnessCoach.Institute presents:

A Wellness Revolution Coaching Course Online Course

Purpose & Schedule

The purpose of this course is to help practitioners and all those interested in learning and developing coaching skill abilities based on holistic theories and the new sciences of Epigenetics and Glycobiology. In this course, we look in depth at how our cells function and the connections that are made between mind, body and spirit. We will help you establish skills to create a coaching business and help you practice your skills for coaching.

A Wellness Revolution is committed to bringing new knowledge and understanding of the connections between the new science and a holistic vision of how to optimize health, wellness and balance through educational classes all over the world. The goals of our classes in the field are:

- Learn to help people understand the concept of “Prevention”, “Rejuvenation” and “Healthy Aging” through education about how their bodies function and how to truly love and care for themselves
- Developing Health & Wellness Coaching skills that are in accordance with the ICF Core Competencies as well as the skills necessary to help people find out who they are, where they are going and what they will create
- Learn to help people to achieve Health & Wellness (balance in all areas: emotionally, physically and spiritually) through coaching, education and referrals for healing
- Develop tools as a Health & Wellness Coach to help clients reprogram the subconscious based on Energy Psychology, EFT, Hypnotherapy and Thought Field Therapy
- Learn to explain how important Nutrition is for optimal health to become stronger and happier so that we are able to carry out our unique missions here on earth. Being small and weak does no longer serve us

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- Develop skills necessary for becoming an entrepreneur. Learning how to begin, develop and maintain one's own unique business
- Spread the new Sciences of Epigenetics and Glycobiology on the planet and how to explain their importance for our health, wellness and transformation at the cellular level

Goals of course:

1. To build confidence and understanding about how to coach clients to be able to direct them to the resources that will serve them for healing on all levels
2. To teach the students the coaching process and the Core Competencies as outlined by ICF
3. To help coaches realize that they create their lives and how they can make necessary changes and manifest what they truly want
4. To learn how to coach others and help others make necessary changes and manifest what they truly want
5. To understand how important the mind, body, spirit connection are to heal holistically and how they influence each other at the cellular level
6. To learn how important the body is and what 'cellular level' really means
7. To learn the importance of digestion in our lives to help us process our emotions
8. To learn the fundamentals of nutrition including enzymes and hormones
9. To learn holistic healing methodologies
10. To learn about how we feed ourselves with both primary and secondary foods
11. To learn about bio-individuality and weight management
12. To develop skills necessary to re-program the subconscious for the purpose of changing old habits and developing new ones
13. To learn how the foundation of our food has been altered and the influence of the toxic planet we have created has on our bodies
14. To learn how industries have developed vitamins and minerals to fill in the nutritional gaps in our food
15. To teach others how to identify synthetics from natural supplements
16. To realize that through helping others heal we are constantly being challenged to look in our own mirror
17. To build knowledge in the new science of Epigenetics and Nutritional Glycobiology
18. To learn know how to spread the science of Nutritional Glycobiology to others so they can understand the importance of this science for health and healing at the cellular level

Schedule of Classes 2020

For more information: www.awellnessrevolution.net

Class 1:	Our Why/ Illness/ Symptom Management versus Optimal Wellness/ Holistic Health/ Digestion	25 th March 2020
Class 2:	We are Spirit and Creator in a body	1 st April 2020
Class 3:	Why we choose to help others	8 th April 2020
Discussion Group 1	1. Coaching Practice – Review of Mandatory Homework 2. Guest Speakers: – Roos Van Monsjou “Healthy Cooking” – Maaïke Driessen “Kinesiology & Reprogramming”	15 th April 2020
Test 1:	<i>Test 1 Online Oral (2 dates this week!)</i>	22 nd April 2020
Class 4:	Weight Management	29 th April 2020
Class 5:	Wellness Coaching / Business / Entrepreneurship	6 th May 2020
Coaching Practice	<i>Practice Coaching Sessions (possibly 2 dates this week!)</i>	13 th May 2020
Class 6:	Altered Food/ Supplement Solutions	20 th May 2020
Discussion Group 2	1. Coaching Practice – Review of Mandatory Homework 2 2. Guest Speakers: – Debby van der Plas “Neuro-Feedback & Lifestyle Choices” – Lauree Sine “EFT & Coaching”	27 th May 2020
Test 2:	<i>Test 2 Online Oral (possibly 2 dates this week!)</i>	3 rd June 2020
Class 7:	History of Glycobiology/ Nutritional Glycobiology and Consciousness	17 th June 2020
Class 8:	Vibration and Energy healing/Glycans/ Cell Functioning and Communication	24 th June 2020
Class 9:	Digestion/Immunity	1 st July 2020
Class 10:	Circulation/ Endocrine/Fetal Development/ Fertility/ Pregnancy/ Post-Partum/ Brain	8 th July 2020
Discussion Group 3	1. Coaching Practice – Review of Mandatory Homework 2. Guest Speakers: – Claudia Lanson-de Boer “Women’s Health, Hormones and Digestive Health” – Lia Weijts & Yvonne Medd “Posture & Movement”	15 th July 2020
Test 3:	<i>Test 3 Online Oral (2 dates this week!)</i>	22 nd July 2020
Coaching Practice	<i>Coaching Practice Session (possibly 2 dates this week!)</i>	26 th August 2020
	Graduation	2 nd September 2020

We will accept ongoing admission through April 15th, 2020. Dates are subject to change. During the course we do not treat, mitigate or cure disease.

Class Information

For more information: www.awellnessrevolution.net

Times:

Online classes will broadcast live from 2 pm till 5:30 or 6:00 pm (Amsterdam Time) on **Wednesdays via zoom**. You will receive an invitation to join the online classes via zoom, sent to you by email, on the day prior to the class.

Zoom:

Before the course starts, download and familiarize yourself with: www.zoom.us You can also start your own zoom free subscription, which makes is more convenient to join the webinars.

Payments: All payments must be made via sign up on the website www.awellnessrevolution.net

It is possible to pay in 3 installments – contact us for details.

Registration:

Here you can register: www.awellnessrevolution.net/become-a-certified-wellness-coach/

For any inquiries please contact us at: info@awellnessrevolution.net

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Certification:

To receive your certificate as a Certified Health & Wellness Coach, you must complete 3 oral tests reviewing the material and practicing coaching techniques, 3 private coaching sessions with assigned mentor coach, participation in 2 four-hour Formal Practice Coaching Session and Graduation. 5 Independent Wellness Coaching Practice Sessions should be submitted before graduation.

The oral test must be completed on the days above and there will be one make – up day set at a later date.

Upon completion and graduation of this course, you will earn 63 hours for ICF Approved Coach Specific Training Hours (ACSTH)[™]

**FAQ's****How many hours a week would it require to spend during this six-month course?**

4 hours of lectures and 3-5 hours of homework per week; and practice coaching sessions throughout the course (approximately 95 hours total)

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What is a Health & Wellness Coach?

A professional who is trained to help empower clients to make self-determined goals and to guide the client's process of transformation in creating these sustainable changes related to these goals. The Health & Wellness Coach nurtures the client's self-determined growth and helps hold the client accountable for their goals

What do the homework and oral discussion group tests involve?

Homework and study guides will be given for each class that will help each student integrate the new information and guide their self-healing journey and coaching skills

What are Guest Speakers?

They are people who are experts in their field and have been committed to health and wellness for many years. The Guest Speakers review topics that are related to Health & Wellness Coaching and well-being

What are the oral tests?

They are held in groups of 10-15 after completing each of the three sections to review the information of each class.

These oral tests help the future Health & Wellness Coach get individual attention and time to integrate and internalize the information

Where are Health & Wellness Coaches needed in the community?

Health & Wellness Coaches work both individually or in groups in the community. They collaborate with other Practitioners, Doctors, and other Health Care Professionals to meet the needs of their clients. They spend time coaching and educating clients to change behavior and develop new habits that will improve lifestyle changes that can impact a client's quality of life

Do you have to be a therapist to take the course?

Many Therapists are interested in taking the course as they are looking to continue their education. Health & Wellness Coaching Skills can add value and give practitioners new tools that can help improve the care they bring to their clients. It is not necessary, however, to be a Practitioner to apply. It is, however, important to have passion and patience for both your own healing journey as well as the healing journey of others

We are delighted to have you join us on this amazing journey of change!



LIFE IS A WONDERFUL JOURNEY!

LEARN HOW TO CHANGE YOUR DESTINY AND INFLUENCE THE JOURNEY OF OTHERS

BECOME A LICENSED HEALTH & WELLNESS COACH TODAY!



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