

# A Wellness Revolution

## Online Certified Health & Wellness Coaching Course

### Our Purpose:

The purpose of this course is to help students learn and develop coaching skills and techniques based on holistic theories. These new ways of looking at the mind, body and spirit connections enables students to understand a more robust definition of self-care, health and wellness. We are experiencing an evolving time of change these days and Health and Wellness Coaching offers support on all levels to make this transformation.

A Wellness Revolution is committed to bringing an understanding of the new sciences of Epigenetics, Neuroscience and Glycoscience. We take a deeper look at how our thoughts, emotions, behavior and lifestyle choices influence us and the health of our cells.

We help students gain confidence and establish skills to create a Health & Wellness Coaching business.

### Our course helps students:

- Learn and develop the skills needed to understand all aspects of a Coaching Structure that helps to create a safe, organized and structured space that supports the Coaching Process.
- Learn the coaching skills that facilitate an effective Coaching Process.
- Learn about Coaching Ethics and the importance of upholding these guidelines to maintain professionalism at all times.
- Develop 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.
- Develop an understanding of what Health & Wellness Coaching is and the importance of the Client-Coach Relationship.
- Understand the importance of coaching from a Client-Driven perspective and recognizing that the client is the creator of their life's journey and the master of their choices.
- Help develop the following Health and Wellness Coaching skills: building trust, active listening and effective reflective questioning, goal setting, action planning and evaluating.
- Learn about nurturing ourselves and feeding ourselves with both Primary and Secondary food.

- Learn the importance of food and nutrition for optimal wellness to enable each individual to become strong and healthy to live their life-path more fully and use all of their unique talents.
- Learn about the relationship between the new sciences of Epigenetics, Neuroscience and Glycoscience to our understanding of cellular communication, connection and wellbeing.
- Build an understanding of the power of emotions and belief systems on our wellbeing – at all levels of existence, including at the cellular level.
- Understand the importance of emotions and limiting beliefs and its’ effect on our creative abilities; to help students learn effective coaching skills that help clients to let-go, digest and reprogram their life stories.
- Develop tools as a Health & Wellness Coach to help clients reprogram the subconscious based on Energy Psychology, EFT (Emotional Freedom Techniques), Hypnotherapy and Thought Field Therapy.
- Explore our spiritual needs and learn how our energetic fields connect to all other levels of our being. Learn about how energy works focusing on Yin & Yang and how this affects our balance and wellbeing.
- Look at the concepts of balance, wellness, imbalance, disconnection and disharmony.
- Learn to help people to achieve Health & Wellness (balance in all areas: emotionally, physically and spiritually) through coaching and education.
- Understand the importance of becoming a professional Health & Wellness Coach, learning the importance of the ‘scope of practice’ and referrals.
- Learn to help people understand the concept of “Prevention”, ‘Rejuvenation” and “Healthy Aging” through effective coaching and education.
- Learn the importance of self-esteem, self-love and self-care.
- Develop skills necessary for becoming an entrepreneur. Learning how to begin, develop and maintain one’s own unique business.

### Goals of the course:

1. To build confidence and understanding about how to coach clients to self-discover and transform
2. To teach the students The Coaching Structure and The Coaching Process
3. To learn the importance of the Core Competencies as outlined by ICF
4. To help coaches realize that they create their lives and how they can make necessary changes and manifest what they truly want
5. To learn how to coach others and help others make necessary changes and manifest what they truly want



## Schedule of Classes:

Sept 2020 - February 2021

<b>Class 1:</b>	Welcome, "Getting to know each other", Why Health & Wellness Coaching now, The Coaching Process and Digestion	16 <sup>th</sup> Sept. 2020
<b>Class 2:</b>	We are Spiritual and Emotional Beings, Belief Systems and the Subconscious, Ethics and Digestion	23 <sup>rd</sup> Sept. 2020
<b>Class 3:</b>	Health & Wellness Coaching	30 <sup>th</sup> Sept. 2020
<b>Discussion Group 1</b>	1. Coaching Practice – Review of Mandatory Homework 2. Guest Speakers: – Roos Van Monsjou "Healthy Cooking" – Maaïke Driessen "Kinesiology & Reprogramming"	7 <sup>th</sup> October 2020
<b>Disc.Test 1:</b>	<i>Discussion Test 1 Online Oral (2 dates this week)</i>	14 <sup>th</sup> October 2020
<b>Class 4:</b>	Weight Management	21 <sup>st</sup> October 2020
<b>Class 5:</b>	Health & Wellness Coaching Structure & Process, Relationships, Business, Entrepreneurship	28 <sup>th</sup> October 2020
<b>Coaching Practice</b>	<i>Practice Coaching Sessions (2 dates this week)</i>	4 <sup>th</sup> November 2020
<b>Class 6:</b>	Health & Wellness Coaching Structure, Certification, Professional Ethics, "What is Food?", and Ethics/Supplementation	11 <sup>th</sup> November 2020
<b>Discussion Group 2</b>	1. Coaching Practice – Review of Mandatory Homework 2 2. Guest Speakers: – Debby van der Plas "Neuro-Feedback & Lifestyle Choices" – Lauree Sine "EFT & Coaching"	18 <sup>th</sup> November 2020
<b>Disc.Test 2:</b>	<i>Discussion Test 2 Online Oral (2 dates this week)</i>	25 <sup>th</sup> November 2020
<b>Class 7:</b>	The New Time on the Planet and the Holistic Understanding with The New Sciences and Positive Psychology	9 <sup>th</sup> December 2020
<b>Class 8:</b>	Understanding our Cells Holistically, Creating Intentions, Goals & Action Plans	16 <sup>th</sup> December 2020
<b>Class 9:</b>	Food, Digestions, Client-Centered Coaching, Accountability and Immunity	13 <sup>th</sup> January 2021
<b>Class 10:</b>	Heart Health, Joint Health, Endocrine Health and Brain Health & The Coaching Process	20 <sup>th</sup> January 2021
<b>Discussion Group 3</b>	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"	27 <sup>th</sup> January 2021
<b>Disc.Test 3:</b>	<i>Discussion Test 3 Online Oral (2 dates this week!)</i>	3 <sup>rd</sup> February 2021
<b>Class 11</b>	<i>Coaching Practice Session (2 dates this week)</i>	10 <sup>th</sup> February 2021
<b>Class 12</b>	Wrap-Up and Certification	17 <sup>th</sup> February 2021

Dates are subject to change. During the course we do not treat, mitigate or cure disease or discuss companies or products.

For more information: [www.awellnessrevolution.com](http://www.awellnessrevolution.com)

## Class Information:

**Times:** Online classes will broadcast live from 2 pm until 6:00 pm or 6:30 (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](http://www.zoom.us) You can also start your own free subscription of Zoom, which makes it more convenient to join the webinars.

**Payments:** All payments must be made via the sign-up option on the website [www.awellnessrevolution.com](http://www.awellnessrevolution.com)

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

**Registration:** Here you can register: [www.awellnessrevolution.com/become-a-certified-health-wellness-coach-online-september-2020](http://www.awellnessrevolution.com/become-a-certified-health-wellness-coach-online-september-2020)

For any inquiries please contact us at: [info@awellnessrevolution.net](mailto:info@awellnessrevolution.net) or [info@awellnessrevolution.com](mailto:info@awellnessrevolution.com)

## For questions please call:

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## Certification:

To receive your certificate as a Certified Health & Wellness Coach:

- complete three oral discussion tests, reviewing the material and practicing coaching structure and process.
- attend three personal coaching sessions with an assigned mentor coach.
- participate in two four-hour “Practice Coaching Sessions” and submit one recorded 30-minute Coaching Session for review.
- three mandatory homework assignments will include this 30-minute recording of a coaching session.
- submit a report after practicing three Independent Health and Wellness Coaching Sessions.
- take a mandatory written test at the end of the course to assess coaching skills with a passing rate of 70%.

The oral discussion test must be completed on the days scheduled 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 5-7 hours of homework per week; and practice coaching sessions throughout the course (approximately 90 hours total).

### **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 to co-create an accountability plan with the client.

### **What is the homework?**

Homework and study guides will be given for each class that will help each student integrate the new information and guide their own transformational journey and developing 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. They help students review the information and develop their Health and Wellness Coaching skills.

These oral tests help the future Health & Wellness Coaches 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 and/or in groups within the community. They collaborate with Practitioners, Doctors, and other Health Care Professionals to meet the needs of their clients. They spend time coaching clients to help clients change behaviors 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 transformational journey as well as the transformational 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 CERTIFIED HEALTH & WELLNESS COACH TODAY!**



For more information: [www.awellnessrevolution.com](http://www.awellnessrevolution.com)