

Schedule of Classes:

Sept 2020 - February 2021

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