



HEALTH & WELLNESS COACHING PROGRAM

CURRICULUM OVERVIEW



**APPROVED
TRAINING
PROGRAM**



www.ihistudies.com

Welcome to the IHIS Health & Wellness Coaching Program!

This is your time, and this is your program.

Get ready to build the skills you need to become a confident, effective health coach who can truly support clients in making lasting lifestyle and behavior changes.

You'll also get everything you need to feel fully prepared for the NBHWC board exam. With a blend of on-demand lessons, interactive live calls, faculty-guided skills practice, downloadable resources, and personalized feedback from board-certified instructors, we've designed this experience to be intensive, supportive, and totally doable.

If you're ready to dive in, we're ready to meet you there.

Let's do this...together.



JILL BUCARO

Owner, IHIS

Recognized as one of the top 3 board approved training programs for affordability, credibility, and efficiency.



INSIDE THE PROGRAM

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CORE MODULES

1

Scope of Practice

What is Health Coaching
What Health Coaches Do (& Don't Do)
Finding your Ideal Client
A Client's Perspective

2

Coaching Structure

The Coaching Agreement
Preparing for a Session
Early & Follow-up Sessions
Program Termination
Utilizing Assessments

3

Coaching Psychology

Why Coaching Works
Positive Psychology
Appreciative Inquiry

4

The Process of Coaching

Client Centered Relationship
Building Trust & Rapport
Active Listening
Supporting Client Emotions

5

Core Communication Skills

Building Client Self-Efficacy &
Self-Determination
Reflections, Summaries & Inquiries
Expanding the Conversation
Focusing the Conversation

6

Goals

SMART Goals
Process & Behavioral Goals
Action Steps
Behavior Tracking
Client Support
Addressing Challenges

7

Motivation

Intrinsic Motivation
Motivational Interviewing

8

Transtheoretical Model of Change

Stages of Change
Process of Change
Decisional Balance
Growth Mindset

9

Health & Wellness

The Coach Approach to Health & Wellness
The Whole Person Perspective
Impact of Social & Structural Factors

10

Health & Wellness

Chronic Disease
Proactive Approach to Health & Wellbeing
Client Health Literacy

11

Legal & Ethics

Professional Conduct
Coach Self Care
Code of Ethics
Security & Privacy
Legal Responsibilities

12

Coaching in Other Environments

The Role of Coaching in Medicine
Group Coaching vs. 1:1
Specialized Settings

13

Wrap Up

Putting it All Together
Preparing for the Board Exam
Next Steps
Resources for Review

Bonus: Coach Collective

Alumni membership
Access included for 6 months post graduation
Monthly coaching labs
Business, finances, marketing, coaching skills

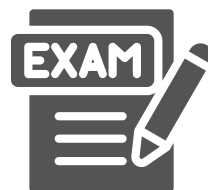
PROGRAM LOGISTICS



14 weeks
13 modules



On-demand video lessons
Downloadable resources & support documents
Live group coaching calls
Interactive coaching skills practice sessions



Final exam modeled after the NBHWC board exam
to build confidence and readiness

PRICING

Recognized as one of the top 3 board approved training programs for affordability, credibility, and efficiency

Paid in Full: \$2997

or

4 monthly payments of \$799.25

Learn More



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