



# HEALTH & WELLNESS COACHING PROGRAM

## CURRICULUM OVERVIEW



**APPROVED  
TRAINING  
PROGRAM**



[www.ihistudies.com](http://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**

President &  
Chief Wellness Officer, 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

## **Ethics & Professional Practice**

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

## **Bonus: Business in a Box**

Everything you need to launch and run your  
coaching business



# PROGRAM LOGISTICS



14 weeks  
13 modules



On-demand video lessons (55+ hours)  
Downloadable resources & support documents  
Live group coaching calls (39 hours)  
Interactive coaching skills practice sessions (4 hours)



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

**\$3497**

**Tuition payment plans available**

**Prefer to make payments over time? No problem!**

**Learn More**



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