

## Intuitive Wellness Coach Certificate

This comprehensive online program is a 200-hour self-paced certificate course covering a wide scope. Your coursework will be completed online and we will speak at least once a month via phone for as long as you are actively enrolled in the course. You will complete written assignments and receive written feedback throughout. You will also engage in private Facebook group/forum with other students. The course is a balance of “book learning” and experiential self-reflection.

### Required books:

- How To Be A Health Coach: An Integrative Wellness Approach, Meg Jordan
- Integrative Nutrition (Third Edition): Feed Your Hunger for Health and Happiness, Joshua Rosenthal
- The Autoimmune Solution: Prevent and Reverse the Full Spectrum of Inflammatory Symptoms and Diseases, Amy Myers
- The Reiki Teacher’s Manual: A Guide for Teachers, Students and Practitioners, Tina Zion
- Coaching for Breakthrough Success: Proven Techniques for Making Impossible Dreams Possible, Jack Canfield & Peter Chee

### Theories of Coaching

- Success Motivation
- Law of Attraction
- TTM- Stages of Change
- Positive Psychology

### Holistic Approaches to Nutritional Wellness

- Food Lifestyles
- Food Sensitivities
- Exercise & Nutrition
- 10-point Wellness Plan
- The Seven Chakras

### Complementary & Alternative Modalities

- Introduction to Energy Work
- Using Intuitive Tools
- Essential Oils & Aromatherapy
- Reiki (to Master level)

### Business Sensibilities

- Ethical Considerations
- Legal Considerations
- Online Delivery of Services
- Tried & True Marketing
- Online Marketing

## **Intuitive Wellness Coach Certificate- Outline and Learning Objectives**

### **Creating Your Vision**

- Introduction
- Know Your Why
- Desire to Feel
- Law of Attraction
- Intention Action Manifestation
- Vision Boards

### **Motivating Clients to Success**

- How to Motivate Your Clients to Change
- Positive Psychology
- Powerful Questioning

### **Food Lifestyles**

- Paleo
- Vegan
- Vegetarian
- Food Sensitivities
- Food Allergies

### **Alternative Approaches to Wellness**

- Understanding the Chakra System
- 10-point Wellness Plan
- Essential Oils and Aromatherapy

### **An Introduction to Intuitive Practice**

- What is Intuition?
- Enhancing Intuitive Skills
- Uses of Intuition in Everyday Life
- Intuition and the Helping Professions

### **Facilitation Skills**

- Basic Helping Skills

- Applying Coaching Masteries
- Enhanced Listening Skills
- Creating a Wellness Plan
- Case Example: Essential Oils

### **Mindful Intuition**

- Understanding the Clair Senses
- Psychic Boundaries
- Ego vs Intuition

### **Ethical and Legal Considerations for Healers**

- Ethical Considerations for Therapist-Coaches
- Coaching Ethics
- Coaching Competencies
- CAM Ethics
- CAM Ethics Applied
- Proper Client Screening
- Informed Consent

### **Reiki Master Teacher Training**

- Your Attunement Reiki Levels I, II, III
- Reiki I- An Introduction
- Reflections on Reiki I
- Reiki II
- Reiki III/Implementing Reiki into your coaching practice

### **Conducting Services via Distance**

- Distant Energy Healing
- Distant Tarot
- Delivering Intuitive Services via Technology

### **Marketing Your Services**

- Be Clear About Your Goals
- Determine Your Niche or Specialty Area
- Create a Positive Money Mindset
- Use Effective Low-Tech Marketing Strategies
- Build an Online Marketing Strategy

### **Wrap Up**

## **Learning Objectives**

### **Health & Wellness**

Participants will be able to define various nutritional approaches to wellness.  
Participants will gain knowledge about various dietary guidelines  
Participants will implement an integrative approach to health & wellness.  
Participants will understand Complementary and Alternative approaches to health & wellness.  
Participants will learn Reiki as a foundational approach to energy work.

### **The Coach's Scope of Practice**

Participants will gain a clear understanding of any limitations regarding ethics and scope of practice.  
Participants will be able to apply ethical concepts to one's own practice.  
Participants will implement appropriate intake questionnaire and informed consent form.  
Participants will gain an understanding of dual responsibilities of a coach-therapist.  
Participants will be able to identify coach competencies.  
Participants will familiarize themselves with coaching codes of ethics.

### **Delivering Services via Distance**

Participants will be know how to conduct and/or enhance their coaching relationship using technologies such as text, audio and video  
Participants will be able to consider the ethics of practicing online in relation to their own practice  
Participants will be able to manage their online presence responsibly

### **Marketing and Business Considerations**

Participants will learn strategies for creating a local community presence.  
Participants will understand ethical responsibilities related to advertising and marketing.  
Participants will understand the ethics of fee-setting and informed consent.  
Participants will be able to distinguish between a niche practice and a general practice.  
Participants will understand the ethical responsibilities regarding pro-bono and sliding scale work.  
Participants will be able to implement a "Gatekeeper Referral System" as related to online work.  
Participants will be able to calculate sliding scale fees.

### **Coach Theory & Application**

Participants will gain an understanding of psychological principles of motivation.  
Participants will be able to assist clients in developing action plans.  
Participants will learn how to effectively overcome obstacles to client goal attainment.  
Participants will be able to guide clients through the 5 stages of TTM.  
Participants will gain knowledge about healthy dietary guidelines.

Participants will be able to assist clients in implementing goals and strategies.  
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Participants will be able to define and conceptualize the Law of Attraction