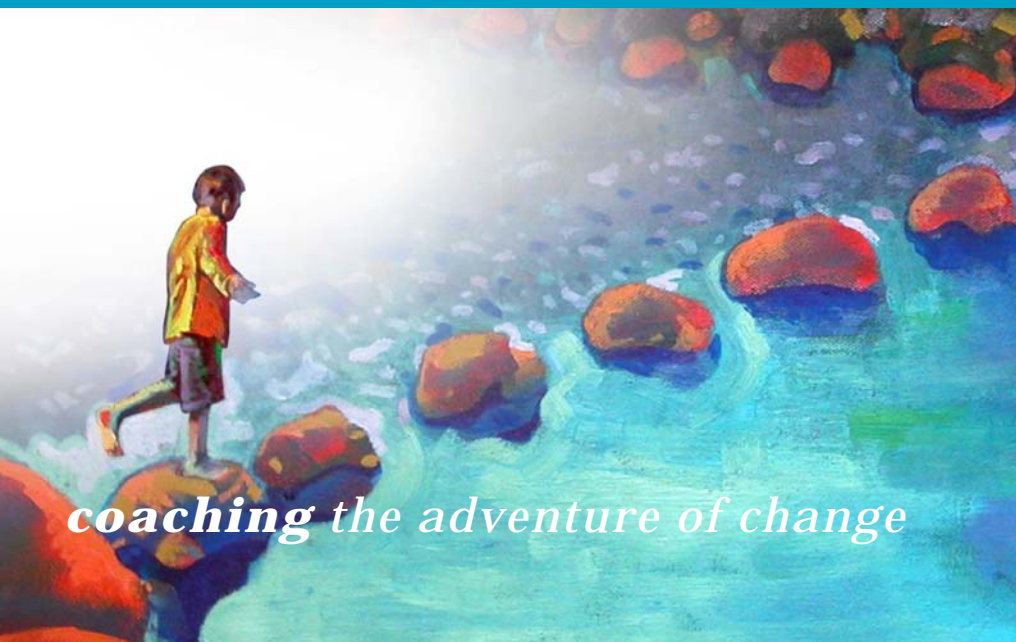


wellcoaches®



Core Coaching Competencies for Health, Fitness and Wellness Professionals



coaching the adventure of change

When a client has a coaching session with a good coach, she says “WOW, my coach is good!”

When a client has a coaching session with a great coach, she says “WOW, I’m good!”

Join **Gloria Silverio**, executive wellness coach and faculty member of **Wellcoaches Corporation**, a strategic partner of the ACSM and MFA, for a one-day workshop: **Introduction to Core Coaching Competencies for Health, Fitness and Wellness Professionals**. Gloria will teach and demonstrate current evidence-based coaching skills, including skills based on applied positive psychology. You will learn to work with your clients in a way that gives them the inspiration, motivation and confidence to make lasting lifestyle changes. This workshop is appropriate for both experienced coaches and for those new to coaching.

Date/Time: April 13, 2012, 9 am to 5 pm (lunch on your own)
Registration Deadline: April 6, 2012

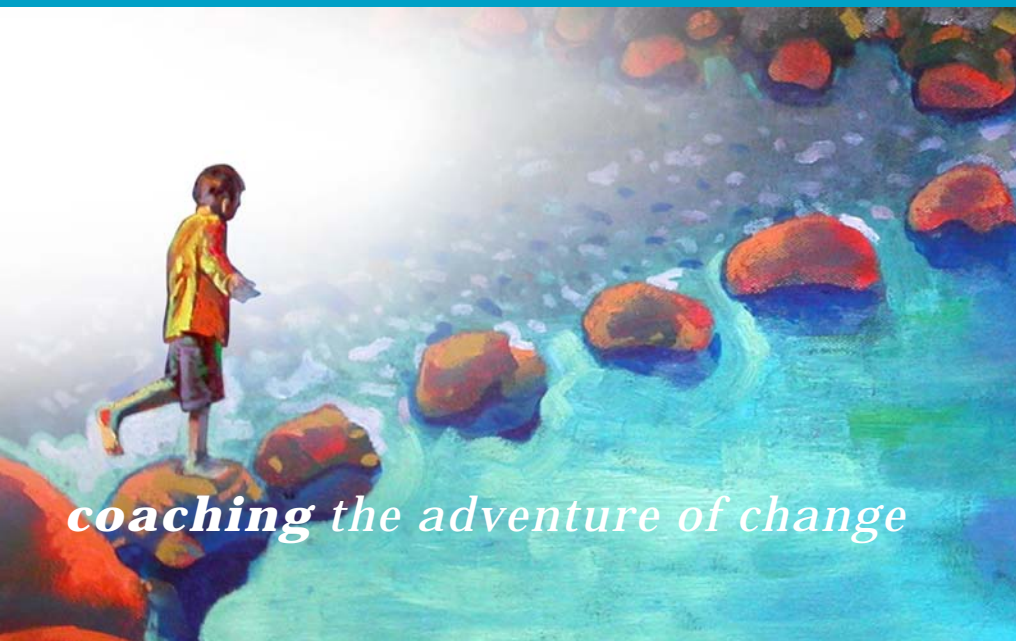
Location: St. John Health Club/St. John Medical Center
1819 East 19th Street
Tulsa, OK 74104

Price: **Early Bird Fee** (Register by March 16): \$195,
Registration Fee (after March 16): \$225,
Workshop fees must be paid in full prior to the workshop date.

Register: To register [Click Here](#) or call 866.932.6224 ext. 717

CECs: Wellcoaches - 7 CCEHs; ACSM - 7 CECs

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LEARNING OBJECTIVES:

1. Define Coaching Psychology and its theoretical foundations.
2. Describe the difference between the coach approach and the expert approach.
3. Examine the benefits of wellness coaching and the different models of coaching in healthcare.
4. Observe and practice the coaching process - Creating a Wellness Vision.
5. Explore Evidence-Based Mechanisms of Action in Coaching
 - Growth-Promoting Relationships
 - Motivation
 - Capacity to change
 - Facilitating the Change Process
6. Practice Core Coaching Skills – empathy, mindful listening, reflections & open-ended inquiry, and skills to reduce ambivalence and resistance to change.
7. Discuss and understand the concept of coaching presence; the way one is “being” as a coach.
8. Explain how positive emotions and character strengths are deployed in the coaching process to build confidence and resilience.
9. Describe the components of a wellness plan.

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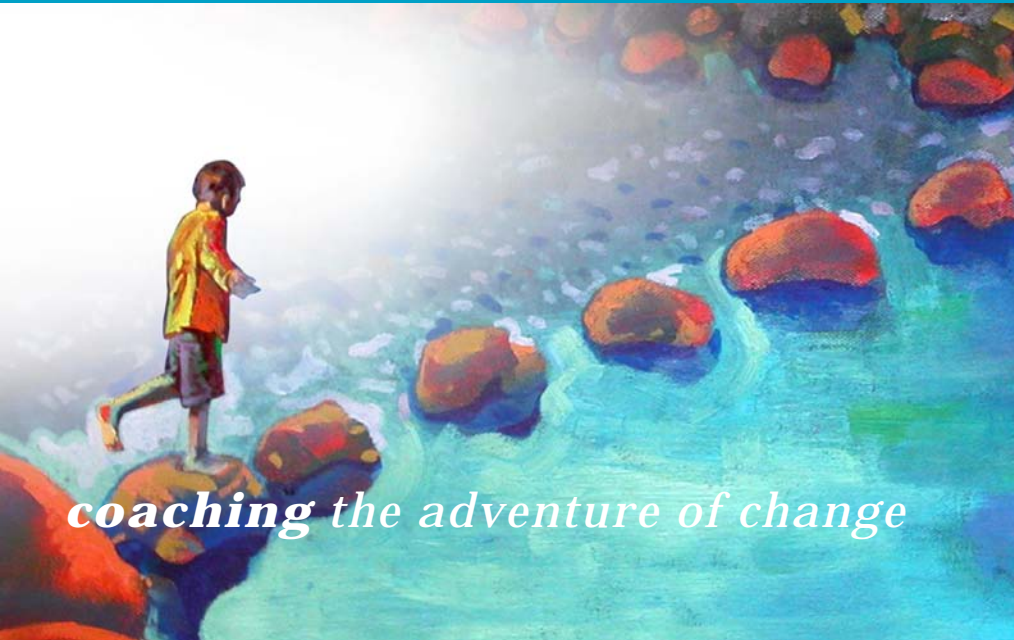
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Wellcoaches Workshop Cancellation Policy

Workshop registration cancellations and refund requests must be received in writing via mail or email. Any applicable refund will be determined by the date that the request is mailed or sent (if requested by email) according to the following policy:

- You may receive a **full refund** for cancellation, if requested **two weeks or more** in advance of the workshop.
- You may receive a **50% refund** for cancellation, if requested **one week in advance** of the workshop.
- **No refunds** will be issued for cancellations **less than one week in advance** of the workshop.

Disclaimer: Wellcoaches is not responsible for the loss of travel expenses due to weather-related workshop cancellations.



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