



# Wellness Coaching & Wellness Facilitation

Who is the course for?

---

\*Wellness Inspired Leaders (coaches and those who work within the health field)

\*Helping professionals that want to nourish their own level of health and wellbeing

## Outcomes of this course:

1

**Personal understanding of your own level of health and wellbeing**

2

**Understanding key health areas, lifestyle factors and how to facilitate wellness conversations with clients.**

3

**Help support clients build healthy habits, develop resilience and have deepening conversations by using Mapping Model**

Topics  
covered in  
this course

1

**Key focal areas within each dimension  
(eating, breathing, feeling & thinking)**

2

**Habits and change, resilience & stress  
management**

3

**Shaping Wellness partnerships**

# Wellness Coaching:

Most people know what to do yet struggle with how to integrate wellness behaviours into daily life.

What will you learn?

1

**Establishing rapport, Active listening, Coaching questions, Values & Beliefs and the GROW model**

2

**Reframing, Setting up a session and developing a wellness map & Facilitating Lifestyle changes (stages and processes)**

3

**Targeting key issues like stress, nutrition and activity & Holistic approach to health with mind/body connections**

# Wellness Facilitation:

Health is a state of complete physical, mental and social wellbeing, not merely the absence of disease and infirmity.

What will you learn?

1

**Detailed exploration of wellness dimensions: eating, breathing, sensing, feeling, thinking & moving.**

2

**Communication, Work & Play, Intimacy, Meaning & Purpose and Transcendence.**

3

**Key ingredients to include in Wellness plans.  
Transitioning from expert to facilitator**

# Course Delivery:

We at the Academy provide our students with support in 5 ways:

- Mentor coaching
- Student accreditation support line
- Student services support
- Business support

Students can attend the academy for one-to-one support at any stage in their training.

1

**8 x 1 hour weekly live Zoom sessions**  
**4 x 1 hour paired sessions**

2

**Reflection report of live sessions, Quiz & Log sheets**  
**Reflection report of paired sessions**

3

**Access into interactive digital Wellness Inventory**