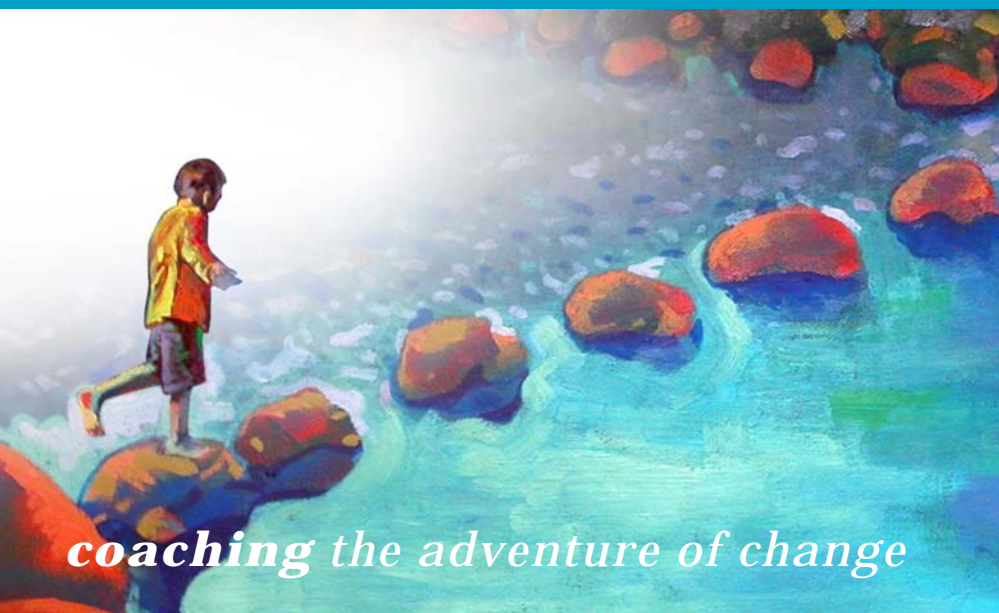


Introduction to Core Coaching Competencies in Health, Fitness and Wellness



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 **Pam Schmid** – 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**. Pam 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: February 26, 2011
9 am to 5 pm (lunch on your own)

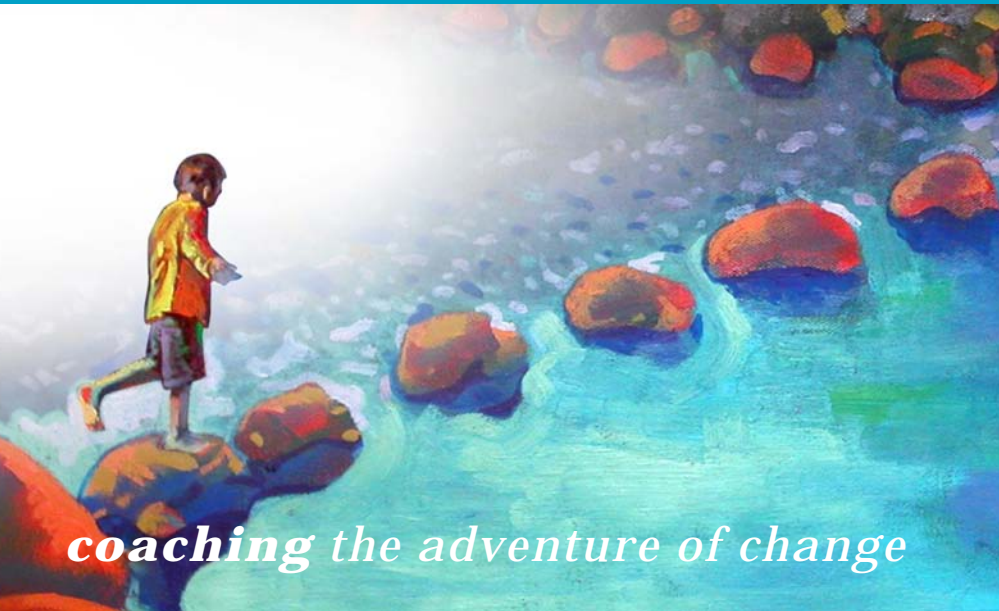
Location: Meredith College
Dept. of Nutrition, Health & Human Performance
3800 Hillsborough Street
Raleigh, North Carolina 27607

Price: \$195

Register: [Click Here](#) to register or call 877 744 3356 ext 7095

CECs: ACSM – 7 credits
Wellcoaches – 7 continuing education hours

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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.