

Lifestyle and Wellness Health Coach Certificate – Program Outline and Schedule

Live Webinar Dates and Times

- Module 1: March 4-5, 2021 (9:30 AM – 12:30 PM ET)
- Module 2: March 11-12, 2021 (9:30 AM – 12:30 PM ET)
- Module 3: March 18-19, 2021 (9:30 AM – 12:30 PM ET)
- Module 4: March 25-26, 2021 (9:30 AM – 12:30 PM ET)
- Legal and Ethical Issues for Health Coaches:
May 10-11, 2021 (12 Noon - 2:30 PM ET)
- Optional Webinar – Starting Your Health and Wellness Business:
May 12, 2021 (12 Noon - 2:30 PM ET)

Please note that there is self-directed learning in the four modules that needs to be completed before each live webinar session.

Program Outline

| Module | Topics Covered |
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| Module 1: Introduction to Health Coaching and Behaviour Change Instructor: Leigh Caplan | <ul style="list-style-type: none"> • Introduction to health coaching: The role of the health coach, scope of practice, and limitations • Impact of health determinants and social and behavioral factors on health outcomes and how health coaching can be used for health promotion • Motivating behavior change through improving communication skills • Introduction to motivational interviewing as a person-centered communication style that can enhance a person's motivation for healthy change |
| Module 2: MI and Stress Management Instructor: Leigh Caplan | <ul style="list-style-type: none"> • Advancing motivational interviewing skills • Building relationships between health coaches, clients and other health professional Creating a coordinated care plan to overcome barriers to behavioural change • Working towards stress management, physical and mental health self-care and resilience strategies |

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| <p>Module 3: Nutrition and Exercise</p> <p>Instructors: Andrea Glenn Erika Cellini</p> | <ul style="list-style-type: none"> • Using the current Canadian dietary recommendations, and people's innate interest in food and nutrition, to facilitate cross-discipline collaboration in health coaching • Physical activity, exercise, and sedentary behavior • Using motivational interviewing skills to overcome barriers to physical activity and exercise • Health risks of sedentary behaviours, and the frequency, intensity, and types of physical activities appropriate for specific chronic conditions |
| <p>Module 4: Health Coaching Implementation</p> <p>Instructor: Leigh Caplan</p> | <ul style="list-style-type: none"> • Apply and practice skills through roleplay simulation with actors, using case scenarios • Enhance confidence and readiness to incorporate health coaching into practice • Learning consolidation |
| <p>Webinar 1: Legal and Ethical Issues for Health Coaches and Navigators</p> <p>Instructor: Emma Gardiner</p> | <ul style="list-style-type: none"> • Ethics and communication in health care • Consent, capacity, and substitute decision-making • Privacy and confidentiality in health care |
| <p>Webinar 2: (OPTIONAL) Starting Your Health and Wellness Practice</p> <p>Instructor: Tania Xerri</p> | <ul style="list-style-type: none"> • Understand how to gain buy in and position health coaching services so people understand its value and impact. • Developing and refining your business idea using a lean start-up model and a business model canvas tool. |