

## Live Well Wellness Global Coach Training FREQUENTLY ASKED QUESTIONS

The Live Well Wellness Global Coach Training is an interactive learning experience that combines theory and practice to equip participants with the skills and knowledge needed to become a certified coach.

### **Q: What does the learning curriculum consist of?**

The training is divided into 3 core components:

1. **Live virtual training** - Our standard is 48 hours of live virtual training. Topics covered include core coach training competencies including presence, process, and skills and coaching practicum based on motivational interviewing, stages of change, positive psychology, and our BUILD model of coaching.
2. **Independent work** - There will be approximately 12 hours of independent work.
3. **Group mentor coaching practice and feedback**

### **Q: How is the training delivered?**

The training is fully online. You are required to participate weekly for a 3-hour period for the duration of the training. To participate in the training, you will need access to a computer that has both audio and video capabilities. We will utilize Microsoft Teams of Microsoft 365 for our virtual meetings, interaction between sessions, and to access all training materials. You can download the Microsoft Teams app to your desktop or access Teams via the online/web version, even if you do not currently use Microsoft Teams. Our training is very interactive and being an engaged participant is key to your overall success in the program. The asynchronous modules for the NBC-HWC path are accessed on our coach training channel platform.

### **Q: How many students are accepted into the training?**

Cohorts have an average class size of 12 students from around the globe. Our smaller cohorts allow the students to get to know each other, as well as the facilitators, encourage full engagement in the training, and provide many opportunities for personalized feedback.

### **Q: Will the training equip me to become a certified coach through the National Board for Health and Wellness Coaching (NBHWC) or the International Coaching Federation (ICF)?**

Yes, we offer a combined path which meets all training requirements to apply for advanced coach certifications with the NBHWC (National Board-Certified Health and Wellness Coach, NBC-HWC) and the ICF (Associate Certified Coach, ACC). If you are interested in only one of these specific certifications, you may also select only that path.

### **Q: What is required for the specific training paths?**

- **NBC-HWC required modules** - 18 hours of asynchronous health and wellness modules accessed on our coach training channel - NBC-HWC path
- **Practical skills assessment** – NBC-HWC path
- **Individual mentor coaching** - 3 hours individual mentor coaching - ICF path
- **ICF performance evaluation** - ICF path

# Live Well Wellness Global Coach TRAINING

## Workplace Options Live Well Wellness Global Coach Training

	NBC-HWC prepared only \$2500 16-weeks	ICF ACC prepared only \$2500 20-weeks	Both NBC-HWC and ICF ACC prepared \$3200 20-weeks
16 weeks of weekly 3-hour live sessions: including <ul style="list-style-type: none"> <li>• 7 hours of group mentoring with live coaching practice</li> <li>• Written feedback on 3 recorded coaching practice sessions with a fellow student</li> <li>• Additional small group activities with and without a mentor</li> <li>• Educational content on coaching competencies, process, and key skills</li> </ul>	X	X	X
Approximately 12 hours of independent work	X	X	X
18 hours of recorded health and wellness modules	X		X
3 hours of live 1:1 mentoring of your coaching of an actual client		X	X
NBHWC practical skills assessment	X		X
ICF performance evaluation		X	X
Access to 3 coaching sessions with a professional certified coach at no additional cost	X	X	X

### **Q: Which topics will be covered in the asynchronous health and wellness modules? (NBC-HWC path)**

Participants will complete the following prerecorded asynchronous modules:

- Be Informed for Better Health
- Let's Get Physical
- Healthy Eating 101

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- Weight! There's A Lot to Consider
- Coaching to Chronic Conditions
- Diabetes in Detail
- Heart Health
- Chronic Respiratory Disease
- Cancer, It Is Not Just One Disease
- Coaching for Tobacco Cessation
- Coaching to Chronic Pain
- Coaching the Bariatric Client
- Music and Wellness
- The Power of Sleep
- Health - Exploring the Whole Picture
- Stress Management
- Inflammation, Arthritis, and Metabolic Syndrome
- Keeping Your Hands Healthy
- Emotional Wellness Spectrum
- Substance Use

## **Q: Who are the facilitators and mentor coaches for the training?**

*Susan Hochberg, NBC-HWC, PCC, NCTTP*

Susan Hochberg is a National Board Certified Health & Wellness Coach, an ICF Professional Certified Coach, and she holds a National Certificate in Tobacco Treatment Practice. She graduated from the Palouse Mindful-Based Stress Reduction program and the Duke-UNC Tobacco Training Specialist Program. Since 2016, Susan has been delivering coaching services such as life, wellness, and tobacco cessation. She also delivers a six-week mindfulness program. Susan's approach is to integrate self-awareness, self-efficacy, and mindfulness into her coaching sessions. She works with clients to realize their own strength and potential through self-compassion and being present. Susan's philosophy towards wellness includes incorporating mindfulness in daily life as well as practicing techniques to reduce stress and increase focus. Susan enjoys spending time outside in the mountains, on the beach, and anywhere in between.

*Gretchen L. Hofing MPH, RD, LDN, PCC, NBC-HWC*

Gretchen Hofing is a Registered Licensed Dietitian (RD), National Board Certified Health & Wellness Coach ICF Professional Certified Coach, and Certified Yoga Teacher with expertise in community-based health promotion and disease prevention. Serving in roles such as educator, grants manager, training coordinator, subject matter expert, community partner, and coach, her career in public health and nutrition has stretched across the lifespan and the socio-ecological model. Gretchen feels fortunate to have continuously played a part in helping others to live their best lives through work to improve environments, systems, policies, knowledge, and behaviors. Coaching has been a regular part of her professional life since 2015. In her spare time, Gretchen enjoys biking the area greenways, hiking in Western North Carolina, and cooking.

# Live Well Wellness Global Coach TRAINING

*Simone Horvitz, NBC-HWC, ACC*

Simone is a National Board Certified Health and Wellness Coach and an Associate Certified Coach with the International Coaching Federation. She has an academic background in nutrition and psychology, and certifications in adult education. She currently works as a National Board Certified Health & Wellness Coach at Workplace Options "My most satisfying coaching moments are when clients say: 'I just thought of...as I was talking to you, just now, I never thought of it that way before. It feels so good to talk to someone and I'm excited to begin...' That's what coaching does. It helps people build the bridge between the gap of knowing what to do and doing it."

Simone loves hiking, biking, renovation projects, volunteering, learning, connecting with family and friends, and the peace and fun that it all brings.

*Debbie Jongkind, RD, LDN, PCC, NBC-HWC*

Debbie is Vice President of Global Coaching Services at Workplace Options where she leads a team of coaches who deliver coaching services to employees around the world. Debbie is a Registered Licensed Dietitian, a National Board Certified Health & Wellness Coach, and a Professional Certified Coach with the International Coaching Federation. Her career focus has included employee health, medical nutrition therapy, disease prevention, cardiac rehab, professional coaching, and leadership development. In her 25 years of experience, she has supported thousands of clients on their journey to maximizing their potential and wellbeing. Debbie lives and works in Raleigh, North Carolina and has been fortunate enough to train coaches and leaders on 5 continents. Adequate sleep, movement, and connections are the key ingredients to her own wellbeing plan.

## **Q: What is the cost of the Coach Training?**

The cost of either the NBHWC path or the ICF path is \$2500.00 If you are interested in completing all required training components to meet both the standards of NBHWC and ICF, we offer a combined path for \$3200.00. The first step to reserve a spot in the training is to complete the application and pay the \$100 application fee. This application fee is nonrefundable, but it will be applied to the total cost of the training, if you decide to move ahead. The balance is due 1 month before the start of the training which will complete your enrollment and secure your spot \*All payment fees will include a 3% transaction fee.

Please ensure you follow these instructions when completing your payment:

1. After completing the application form, you will be sent a link to the full application. When you submit this, you will also submit \$100.00 nonrefundable application fee via the payment portal.
2. In the **Invoice#** field on the payment page, please enter "Coach Training Program."
3. In the **Company Name** field on the payment page, please enter your full name.
4. Select USD currency and pay \$100 to secure your spot in the training. Complete the payment process.
5. Once your application is reviewed and a \$100 deposit is received, you will get an email confirmation with instructions on how to pay the remaining cost of the training. The balance is due 1 month before the start of the program.

**The balance is due 4 weeks before the start of the training.** There are limited spots available. Ensure that you secure your spot by completing the application and registration process and paying the program fee in full.

[wpcoachtraining@workplaceoptions.com](mailto:wpcoachtraining@workplaceoptions.com)

<https://info.workplaceoptions.com/live-well-wellness-global-coach-training>



# Live Well Wellness Global Coach TRAINING

**Q: Do you have a payment plan or scholarships?**

Currently, we do not have a payment plan. We offer a 10% discount for active or retired military. Workplace Options employees please refer to internal company benefits for tuition information.

**Q: I'm interested. How do I sign up?**

If you are interested in joining the Coach Training, access the apply form **here**. You will then be sent a link to complete the application and will also be required to pay a \$100 deposit as a part of the application process.

**If you have further questions or need more information, please contact us at:**

[wpcoachtraining@workplaceoptions.com](mailto:wpcoachtraining@workplaceoptions.com)