# Integrative Health & Wellness Coaching Overview

## Orientation | Sep 16 – Oct 20, 2019

- **Required online courses:** Program Orientation • Zoom Orientation (includes Zoom live practice)
- **Optional online courses:** Intro to Integrative Health • Motivational Interviewing • Spirituality & Health Care • Healing Relationships

## Unit 1 | Oct 21 – Nov 17, 2019

### Online Courses
- Intro to IHW Coaching • Self-care: Attitudes of Mindfulness • Key Theories & Constructs • Comparing Coaching • Coaching Relationships: Skills Overview • Coaching Process: Stage 1 • Self-Care: Vision-MAP • Reflective Listening • Coaching Process: Stage 2

### Coaching Practice — *scheduled with Mentor-Supervisor*
- Week of 10/21/19 Video Call Meet-up: **Team Welcome with Mentor-Supervisor (1 hour*)**

#### Self-Care Reports
- Nov 3rd Self-Care Report: Attitudes of Mindfulness
- Nov 10th Self-Care Report: Vision-MAP

## Unit 2 | Nov 18, 2019 – Jan 5, 2020

### Online Courses
- Team Coaching Practice 1 • Self-Care: Core Areas of Health • Case Study Liz: Stage 1 & 2 • Case Study Susan: Stage 1 & 2 • Coaching Process: Stage 3 • Sustain & Change Talk • Team Coaching Practice 2 • Affirmations • Coaching Process: Stage 4 • 1:1 Coaching Practice Hours

### Coaching Practice — *scheduled with Mentor-Supervisor*
- Week of 11/18/19 Video Call Meet-up: **Team Practice with Mentor-Supervisor Stage 1 (3 hours*)** • Associated written assignment
- Week of 12/9/19 Video Call Meet-up: **Team Practice with Mentor-Supervisor Stage 2 (3 hours*)** • Associated written assignment

#### Self-Care Reports
- Dec 8th Self-Care Report: Core Areas of Health Assessment

## Live: TRAINING SESSION 1

### Sessions
- Jan 8 – Jan 11, 2020
- **LIVE IN TUCSON**
  - MI Strategies • Advanced Practice • Advanced Mind-Body Tools for Coaching • Health Coach Process • Mentor-Supervised Group Practice Stage 3 • MITI score (audio capture)

## Unit 3 | Jan 13, 2020 – Mar 15, 2020

### Online Courses
- Professional Standards, Ethics & Scope of Practice • Complex Reflections • Coaching Case Study: Follow-ups • Team Coaching Practice 3 & 4

### Coaching Practice — *scheduled with Mentor-Supervisor*
- Week of 1/27/20 Video Call Meet-up: **Team Practice with Mentor-Supervisor Stage 4 (3 hours*)** • Associated written assignment
- Week of 2/10/20 Video Call Meet-up: **Team Practice with Mentor-Supervisor Stage 4 (3 hours*)** • Associated written assignment
- Week of 2/17/20 Video Call Meet-up: **Mentor-Supervised Coaching Client 1:1 Practice #1 (1 hour*)** • Associated written assignment
- Week of 3/2/20 Video Call Meet-up: **Mentor-Supervised Coaching Client 1:1 Practice #2 (1 hour*)** • Associated written assignment
- 1/20/20 – 3/15/20: **Non-supervised 1:1 Practice Coaching Client ** *(at your discretion)*
  - **Non-supervised practice coaching, documented hours - these hours count towards required 70 hours**

#### Self-Care Reports
- Jan 19th Self-Care Report: SMART Goal and Action Steps
- Jan 26th Self-Care Report: Action Steps Progress 1
- Feb 16th Self-Care Report: Action Steps Progress 2

---

Overview subject to change, does not include details about weekly expectations for completing certain curriculum in order. Upon enrollment in program, a week-by-week syllabus will be provided.
INTEGRATIVE HEALTH COACHING OVERVIEW | 2020

**Unit 4** | **Mar 16 – Apr 19, 2020**

**Online Courses** — Non-supervised Team Practice

- **Coaching Practice** — *scheduled with Mentor-Supervisor*
  - Week of 3/16/20 Video Meet-up: **Mentor-Supervised Coaching Client 1:1 Practice #3** (1 hour*) • Associated written assignment
  - Week of 3/30/20 Non-supervised Team Practice Triads/Pairs (2 hours*) • Associated written assignment
  - Week of 3/30/20 Video Meet-up: **Mentor-Supervised Coaching Client 1:1 Practice #4** (1 hour*) • **Non-supervised Team Practice Triads/Pairs** (2 hours*) • Associated written assignments
  - 3/16/20 - 4/19/20: **Non-supervised 1:1 Practice Coaching Client**
  - **Non-supervised practice coaching, documented hours - these hours count towards required 75 hours**

- **Self-Care Reports**
  - Mar 29th Self-Care Work: Action Steps Progress 3

**SPRING BREAK APR 6, 2020 - APR 12, 2020**

**Unit 5** | **Apr 20 – May 24, 2020**

- **Project and Final Exam**
  - May 3rd Graduation Project Due • Final Knowledge Exam (Study Guide provided) - opens May 11th

- **Coaching Assessment** — *scheduled with Mentor-Supervisor*
  - Week of 4/27/20 Video Meet-up: **Mentor-Supervised Coaching Client 1:1 Practice #5** (1 hour* - **Scored for Certification requirement**) • Associated written assignment
  - 4/20 - 5/31/20: **Non-supervised 1:1 Practice Coaching Client**
  - **Non-supervised practice coaching, documented hours - these hours count towards required 70 hours**

- **Self-Care Reports**
  - May 3rd Self-Care Work: Wrap-up

**TRAINING SESSION 2**

**LIVE IN TUCSON**

**May 28 – 30, 2020**

- Advanced Practice Challenges: Navigating the Emotional Waters • Live Performance Evaluations (+MITI Recordings) • Running Group Coaching Sessions • Professional Panel • Certification and Next Steps • Self-Care Yoga

**Program Completion & Certification**

To complete program:
- Successfully complete all curriculum requirements
- Attendance of both training events in Tucson

**Certification Requirements**
- Passing score on 5th supervised 1:1 IH Coaching session
- Approved Graduation Project
- Passing score on coaching evaluation (at second live training session)
- Proficiency score on Final MITI
- Passing score on online Final Knowledge Exam
- Documented Sessions: 70 IH coaching hours
  (Sessions must be with a minimum of 10 practice coaching partners with signed consent forms.)

**Post Program**

- December 13, 2020

**Documented 70 hours of coaching sessions must be submitted by this date.**

Non-supervised hours can be applied to 70 hours of Practice of Integrative Health Coaching. Documentation includes practice-client consent forms, online submitted details (date of session, length and stages addressed). Overview subject to change, does not include details about weekly expectations for completing certain curriculum in order. Upon enrollment in program, a week-by-week syllabus will be provided.