



Integrative Health & Wellness Coaching Overview

2020

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	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	Faculty-moderated Dialogues
	Nov 3rd Self-Care Report: Attitudes of Mindfulness	Nov 1st-3rd Intro to IHW Coaching
	Nov 10th Self-Care Report: Vision-MAP	Nov 15th-17th IHW Coaching: Theories, Process and Skills

unit 2	Unit 2 Nov 18, 2019 – Jan 5 2020	
	HOLIDAY BREAKS: NOV 25 to 29, 2019; DEC 23 2019 to 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	Faculty-moderated Dialogues
	Dec 8th Self-Care Report: Core Areas of Health Assessment	Dec 13-15th Change and Sustain Talk, Affirmations

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 - Advanced Practice • Mentor-Supervised Group Practice Stage 3 • MITI score (audio capture)

unit 3	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	Faculty-moderated Dialogues
	Jan 19th Self-Care Report: SMART Goal and Action Steps	Jan 31-Feb 2nd Professional Standards
	Jan 26th Self-Care Report: Action Steps Progress 1	Feb 28-Mar 1 Q&A with Coaching Mentor-Supervisor Panel
	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.



unit 4	Unit 4 Mar 16 – Apr 19, 2020		SPRING BREAK APR 6, 2020 - APR 12, 2020
	<p>Online Courses — Non-supervised Team Practice</p> <p>Coaching Practice — *scheduled with Mentor-Supervisor</p> <p>Week of 3/16/20 Video Meet-up: Mentor-Supervised Coaching Client 1:1 Practice #3 (1 hour*) • Associated written assignment</p> <p>Week of 3/30/20 Non-supervised Team Practice Triads/Pairs (2 hours*) • Associated written assignment</p> <p>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</p> <p>3/16/20 - 4/19/20: Non-supervised 1:1 Practice Coaching Client **</p> <p>**Non-supervised practice coaching, documented hours - these hours count towards required 75 hours</p>		
	<p>Self-Care Reports</p> <p>Mar 29th Self-Care Work: Action Steps Progress 3</p>	<p>Faculty-moderated Dialogues</p> <p>Apr 17-19th Q&A with Coaching Mentor-Supervisors</p>	

unit 5	Unit 5 Apr 20 – May 24, 2020		
	<p>Project and Final Exam</p> <p>May 3rd Graduation Project Due • Final Knowledge Exam (Study Guide provided) - opens May 11th</p> <p>Coaching Assessment — *scheduled with Mentor-Supervisor</p> <p>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</p> <p>4/20 - 5/31/20: Non-supervised 1:1 Practice Coaching Client **</p> <p>**Non-supervised practice coaching, documented hours - these hours count towards required 70 hours</p>		
	<p>Self-Care Reports</p> <p>May 3rd Self-Care Work: Wrap-up</p>		

live	TRAINING SESSION 2	Sessions
	May 28 – 30, 2020 LIVE IN TUCSON	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

post program	Program Completion & Certification	
	<p>To complete program:</p> <ul style="list-style-type: none"> Successfully complete all curriculum requirements Attendance of both training events in Tucson 	<p>Certification Requirements</p> <ul style="list-style-type: none"> 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	Post Program	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.