



THE UNIVERSITY OF ARIZONA

Andrew Weil Center
for Integrative Medicine

Integrative Health & Wellness Coaching

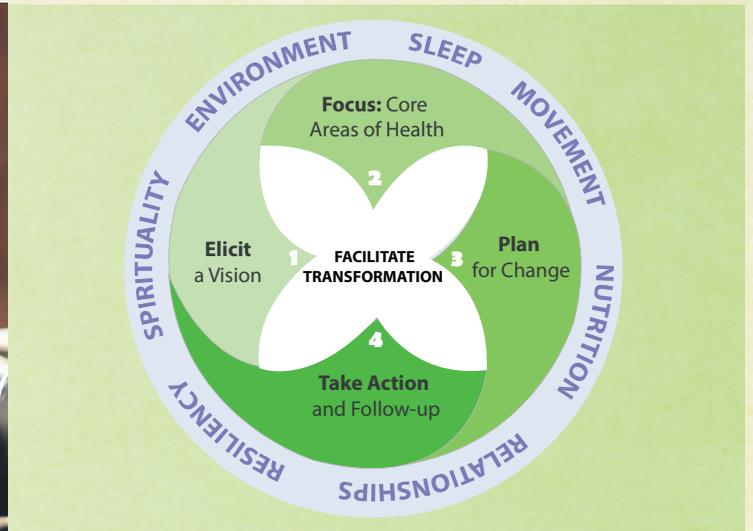


The Future of Health: Empowering Sustainable Change

It's an exciting time to become a health and wellness coach. With rapidly growing opportunities among consumers, insurers, and employers, health and wellness coaching has emerged as a \$6 billion service market with even more growth on the horizon. Health and wellness coaches have a wealth of career options. They are entrepreneurs. They are part of integrative medical practices. They are in corporate settings. They are in hospital systems.

The Andrew Weil Center for Integrative Medicine defines integrative health and wellness coaching as a client-centered relational approach to working with individuals collaboratively to address the health and wellbeing of the whole person. It acknowledges the interdependent roles of mind, body and spirit, and the innate healing capacity within each person, with an emphasis on self-care.

Approved by the **National Board for Health & Wellness Coaching**, the Center's Integrative Health & Wellness Coaching program offers a path to becoming the most thoroughly trained and evaluated integrative health coach in the industry.



Why Integrative Health & Wellness Coaching?

Learning to be an integrative health or wellness coach will give you the skills to empower your patients and clients to create real, sustainable, changes in lifestyle behavior and successfully maintain those transformations in busy and complex lives. Too many healthcare professionals struggle with the ability to create healthy behavior changes in patients and clients. Telling people to change doesn't work. But we can show you what does work—**partnering to discover the motivations and values of each individual, facilitating realistic, measurable action steps, and supporting the entire process.**

*“I liked the fact that we could **meet with our team and the mentor so often.** Looking back now, what a difference in our first group session to now!”*

Who Becomes an Integrative Health Coach?

- Physicians
- Nurses and Nurse Practitioners
- Physician Assistants
- Dentists and Dental Hygienists
- Physical and Occupational Therapists
- Mental Health Professionals
- Registered Dietitians and Nutritionists
- Pharmacists
- Chiropractors
- Naturopaths
- Licensed Acupuncturists
- ...and many others wanting to improve the health and wellbeing of their communities!

Program Highlights

- Gold standard of excellence with quality curriculum and expert faculty
- Small-group mentoring with peer and faculty feedback for a multi-directional learning experience that's more effective than a conventional teacher-student relationship.
- In-depth mentor-supervisor practice sessions with both online and face-to-face trainings in Tucson
- Self-care assignments throughout the 6-month program



More Tools in the Toolbox

Learning is a life-long pursuit for integrative healthcare professionals. It is an important part of the evolution of good health care to explore new skills. In the same way that you might explore additional training for acupuncture, massage, or clinical hypnosis, Integrative Health & Wellness Coaching training provides a new set of skills to motivate behavior change and offer a deep dive into improving the overall wellbeing of your patients and clients.

Be deeply present in all your interactions and learn techniques that empower transformation in others toward healthier and more satisfying lives. The self-care components of the program renew and revitalize you as you learn, ensuring a sustainable, healthier you at work and in life.

Are You Ready?

The focus of the Integrative Health & Wellness Coaching program is to ensure attainment of these deep coaching skills. Come to the program with a basic knowledge of integrative health from one of several AWCIM programs including Integrative Health & Lifestyle Program, the Fellowship in Integrative Medicine, or the Wellness and Lifestyle Series. Visit awcim.arizona.edu or contact us for more details on prerequisites.

Get Started Now

Learn more about Integrative Health Coaching at awcim.arizona.edu/coaching.

Jump Start Your Career

Like most dedicated healthcare professionals, you probably started down your career path interested in helping people. Integrative Health & Wellness Coaching is an opportunity to move forward into an essential role in promoting wellbeing, truly improving the lives of others by helping them realize and achieve their goals.

Whether you start a new business, offer career advancement to one of your current employees, or help establish the integrative health or wellness coach as an important new member of an interprofessional team where you work now, the Integrative Health & Wellness Coaching program will provide the training and certification you need to succeed.



From our students...

*I believe IHeLp and Coaching has **influenced my leadership** in helping to create a team that loves the challenge of being effective for the folks who walk into our healing space.*

*I have **developed and grown** so exponentially through this program, becoming a more sophisticated practitioner with specific skills to move a patient/client forward.*

*Coaching has allowed me to use a different approach that gives the patient or 'coaching partner' the directing role. It has been transformational and really satisfying to see patients become **energized by their own revelations and discovery.***

Apply Now!

To learn more about the Integrative Health & Wellness Coaching program, including start dates and how to apply, visit our website awcim.arizona.edu/coaching

Contact Us

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