

WELLNESS INVENTORY

Certification Training

The Certification Training provides in-depth personal experience and practical knowledge of the Wellness Inventory assessment and our holographic personal growth process. The training also provides a unique coaching skill-set to maximize the program's effectiveness in creating change in your clients' lives. The goal of the course is to create competence in delivering the program to both individual and organizational clients.

The Certification Training is offered as a 13-week live, phone teleclass. There are 14 sessions over the 13 weeks (2 classes in final week), and classes are 90 minutes in length (6 of the 14 classes are 2 hours). The Certification Training also includes weekly buddy coaching sessions, homework, as well as a required proficiency portfolio. Four trainings are scheduled for spring and fall 2009.

2009 Training Dates

April 1 – June 24, 2009

Sept. 9 – Dec. 9, 2009

Sept. 9 – Dec. 9, 2009

Sept. 10 – Dec. 10, 2009

Day

Wednesdays

Wednesdays

Wednesdays

Thursdays

Time

7:00-8:30 pm ET*

1:00-3:00 pm ET*

7:00-8:30 pm ET*

7:00-8:30 pm ET*

The Wellness Inventory (www.WellPeople.com) is an online assessment and life-balancing tool that focuses on the whole person in 12 key dimensions of wellness. By participating you will gain proficiency in working with clients using the 12-part Wellness Wheel. You will also experience an ongoing exploration of the Wheel as a dynamic hologram of interdependent elements – a central organizing principle for individual and institutional wellness programs.

The process of working with the Wellness Wheel helps to develop greater coherence in your personal life and teaches you how to use this whole person process in your coaching to facilitate greater coherence in your clients' lives.

You will also focus on increasing your knowledge and proficiency in utilizing the key elements of the Wellness Inventory on both the client (user) side and administrative side of the program. On the client side, you will gain greater insight into the key elements of the program:

- Assessment
- Wellness and Satisfaction Scores
- Personal Wellness Action Plan
- My Wellness Journal & Self-Study Center
- 12 Resource Centers
- Progress tracking feature



The training will focus on the process of creating wellness action plans in the context of the Six Stages of Change. You will also learn how to strategically use your coaching skills to maximize the effectiveness of the Wellness Inventory in helping your clients achieve their goals.

On the administrative/coaching side, you will receive in-depth training in the suite of wellness program management tools. These tools facilitate coaching, reporting and communicating with clients to support implementing the Wellness Inventory within individual, group and organizational settings in order to achieve optimal results.

From a business and marketing perspective, you will learn strategies for using the program to:

- Create a wellness dimension in your practice
- Quickly determine client's "change readiness" in each dimension of wellness
- Create the context for ongoing wellness coaching
- Build your practice and increase client retention
- Create new profit centers
- Work with individuals, groups and organizations

You will also learn strategies for using the Wellness Inventory as an organizing principle for implementing wellness programs in various markets - corporate wellness, hospitals, spas, as well as wellness centers and clinics. This will include learning how to integrate monthly workshops on the 12 dimensions of wellness into an institutional program in order to provide education and accountability, to support the coaching process, and to foster a positive outcome for participants.

“The training met all of my expectations to move my coaching practice and business to the next level. The program provides a coach with a plethora of resources that can be incorporated into wellness coaching in limitless settings.”

Pamela Burris RN, MSN, AHN-BC

Who is it for?: The Certification Course is for licensees of the Wellness Inventory, including life coaches, wellness coaches, consultants, health practitioners, therapists, wellness professionals and corporate trainers. Onsite intensive trainings may be arranged for corporations, spas and hospitals. See testimonials from graduates: www.WellPeople.com/Certification_Testimonials.asp

Cost: Spring-Summer Training: \$1,195 (\$1,095 if paid by March 5, 2009)
Fall Trainings: \$1,195 (\$1,095 if paid by August 10, 2009)

Payment: Credit card, Checks. Payment plans available with four monthly payments.

Continuing Coaching Education (CCE): The course is approved by the International Coach Federation (ICF) for 20 hours of continuing coaching education credits as well as for portfolio certification. Of the 20 CCEUs, 10.5 hours are for core competencies, 5 hours for development of coaching practice, and 4.5 hours for personal development of the coach.

Intensive Trainings: For those unable to accommodate the 13-week training schedule, we offer a 3-day weekend intensive training. The intensive is designed for those who plan to administer the Wellness Inventory, but do not plan to coach, or for trained coaches in need of fast-track training. Intensives are delivered in beautiful Asheville, NC, in the Smoky Mountains. Cost \$1,395. More on Intensive Trainings: http://www.WellPeople.com/Intensives_2009.pdf

INSTRUCTORS:

Bobbie Burdett, Director of Training for HealthWorld Online, was a co-creator of the first wellness center in the U.S. in 1975 with wellness pioneer and originator of the Wellness Inventory John W. Travis, MD. She developed the wellness coaching process for the center and has been coaching for the past 30 years. In the process, she has developed an unparalleled depth of understanding of the Wellness Inventory. A lifelong learner, she has studied many aspects of wellness for nearly 40 years, has been instrumental in honing and updating the assessment and commentaries of the Wellness Inventory. Bobbie lives in Asheville, NC. (More - www.WellPeople.com/WellnessTeam.asp)

Jim Strohecker, President / co-founder of HealthWorld Online (www.healthy.net), the first online network focused on alternative health and wellness, is co-developer of the Wellness Inventory online program, and the Wellness Inventory Certification Training. With over 30 years of experience in human potential, wellness and holistic health, he has been a leader in the wellness revolution via the publishing and Internet media. Co-author of five books, he was executive editor of the influential book, *Alternative Medicine: The Definitive Guide*, and is publisher of Healthy Update, a weekly e-newsletter. Jim lives in Los Angeles, CA.
(More - www.wellpeople.com/WellnessTeam.asp)

To register, or for more information, contact:

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Wellness Energy System 12 Dimensions of Wellness



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The wellness model utilized in the certification training is based on the 12 life processes forming the basis of the Wellness Energy System developed by wellness pioneer, John W. Travis, MD, MPH.

TESTIMONIALS FROM GRADUATES

"This training is phenomenal. It is a great course for every health care provider, because it allows for deep exploration into the aspects of your own wellness, so that you have more to offer clients. The training is a terrific organizational framework for wellness. As a nurse and traditional naturopathic student, I thought I knew a lot about wellness coming into the course. I quickly realized I had a lot to learn! I am leaving the course a transformed person!"

Buddy Ann Ross, RN, BSN, MS,
Wadsworth, OH

"I highly recommend this training to any professional coach who wants to expand their client Offerings, as well as acquire an array of new coaching skills. You will learn how to increase your clients' awareness and as an added bonus, you have an opportunity to improve your wellness status."

Tina Elliot, MBA, PCC
Professional Certified Coach Health & Wellness Coach
ICF Ethics & Standards Committee Member

"This is an invaluable tool for any health practitioner desiring to make positive changes in their patients' lives. I know this will only enhance the work I do with my patients."

Wanda J. Bedinghaus, MD
www.harmoniacycenter.com

"Whether you're working in private practice, a corporate wellness program, a hospital, or a community setting, the Wellness Inventory Certification Training will be an essential tool to help clearly evaluate not only the effectiveness of a wellness program, but the depth of commitment, understanding, and integration of wellness principles that will accompany you for a lifetime."

Meg Jordan, PhD, RN
Dept. Chair, Professor, Integrative Health Studies
California Institute of Integral Studies

"I thoroughly enjoyed every aspect of the training program. It's a very beneficial program for a wide range of lay people and professionals. Even though I have been involved in self-care and healing for many years now, I was able to explore new layers. The 12 dimensions of wellness are organized and represented eloquently. I look forward to this new tool facilitating my client's wellness as well as my continued exploration of wellness."

Barbara Denison ARNP, AHN-BC (Advanced Holistic Nurse - Board Certified)
Holistic Nursing Consultants, Wichita, KS

"I found the training to be an exceptional experience both academically and personally. The teachers, readings, class participation and coaching sessions not only provided information and skills training, but more importantly, supported integration of the material leading to attitudinal, perceptual and personal transformation. This class not only assists the coach in the coaching process but I also helps the participant in their own personal wellness journey."

Betsy Buselli, PhD, RN

More: www.WellPeople.com/Certification_Testimonials.asp