



## **KGR Health and Wellness Coaching Syllabus**

### **Description**

KGR Health and Wellness Academy is dedicated to developing compassionate, competent national board certified health and wellness coaches. KGR's curriculum is based on the core coaching competencies laid out by the National Board for Health and Wellness Coaching (NBHWC). This training program is APPROVED by NBHWC and upon successful completion of this program, along with meeting the additional NBHWC requirements, you will be eligible to sit for the National Board Exam for Health and Wellness Coaches. This program is designed to provide you with the necessary knowledge, tools and resources needed to successfully and confidently facilitate behavior change. Our mission is to provide rigorous content administered via live and pre-recorded lectures that occur in an inclusive, supportive setting. At KGR, our motto is *Learning by Doing*. A considerable amount of live classes will be dedicated to hands-on coaching. Engaging in practice coaching sessions is one of the most impactful ways to develop critical coaching skills. In addition, practice coaching sessions build community and foster rapport amongst your fellow classmates who you will find become colleagues for life.

### **Diversity, Equity, Inclusion, Accessibility, and Justice**

At KGR, we welcome you here. We welcome all identities; race, background, age, body shape, orientation, gender, disabilities, spirituality. The coach approach we teach at KGR creates brave spaces, for ourselves and our clients. We amplify voices that fight to be heard and continually examine what we think we know. We call each other to more truth and love. Diversity, Equity, Inclusion, Accessibility, and Justice (DEIAJ) topics are not just wallpaper at KGR. We integrate these topics throughout the curriculum on a weekly basis. We learn and grow from collaborating with people from different cultures, backgrounds, perspectives and ways of being. Each week we touch on a different DEIAJ area for you to further explore. KGR wants and needs diversity and please know, you matter and your contribution to this program matters! We will learn as much from you as you do from us. You will be treated with respect and dignity at KGR and loved for who you are.

## Materials

- *How To Be A Health Coach* (3<sup>rd</sup> Edition) by Meg Jordan
- *Coaching Psychology Manual* (2<sup>nd</sup> Edition) by Margaret Moore, Ericka Jackson, & Bob Tschannen-Moran
- *Motivational Interviewing* (4th Edition) by William R. Miller & Stephen Rollnick
- Personal Email Account, preferably gmail
- Zoom (free account)
- One volunteer client who is willing to be recorded for instructional purposes **(Required, beginning with the last coaching round)**
- National Board for Health and Wellness Coaching Website (<https://nbhwc.org/>) access

## Schedule

This is considered a hybrid program. Part of it happens at a specific day/time while part of it is on your own time. All of it is virtual, and you will use Zoom to connect to our Live Studio.

- We will meet via Live Studio, once a week, for four hours (with a short break) for 16 weeks.
- Plan for an additional 7-8 hours of reading, client coaching, preparation and reflection of your client coaching, inclusion exercises, quizzes, and/or other work each week.

## Tips for Success

- Be on time to the live studio meeting
- Attend all classes, absences interrupt your dyad/triad classmates and requires an additional 2 to 3 hours of their time that week
- Be open, honest, and brave
- Ask questions and be curious
- “Failure” (or what we call learning) is welcome and brings great value
- Practice present-centered awareness moment-to-moment
- Check emails regularly for class updates & assignments
- Turn off or mute electronic devices during class time; minimize distractions

## **Evaluation Methodology**

The class is graded on a Pass/Fail basis using the following criteria:

- Must attend all Live Studio classes, emergency exemption granted for 1 Live Studio class absence.
  - Due to the nature of our practice coaching sessions, attendance is critical to both you and your classmates' success. Please take note of scheduled synchronous class times to ensure you will be able to attend.
  - Must achieve at least 80% score on all quizzes, skills practice, and the final exam
- Must successfully pass the Practical Skills Assessment (based on external client video submissions and weekly reflection assignments)

## **Teachable**

- All KGR coursework will be accessible through our Learning Management System called Teachable
- Enrolling in a KGR Health Coach Certification Program will activate your KGR Teachable account

## **Core Competencies Covered**

1. What is Health Coaching?
2. Diversity, Equity, Inclusion, Accessibility, and Justice
3. Professional Conduct, Ethics, Legal
4. Coaching Elements
  - i. Partnership
  - ii. Structure & Skills
  - iii. Process
5. Theories, Techniques, and Models of Coaching
6. Coaching Process
  - i. Pre-Session and First Session
  - ii. Intermediate Coaching Sessions
  - iii. Routine Ongoing Sessions
  - iv. Closing Coaching Session and Program Termination
7. Health Literacy: Chronic Diseases/Biomarkers
8. Health Literacy: Healthy Behaviors
9. Final Exam
10. Assessment/Reflection
11. Program Evaluation
12. Next Steps After Completion

### **Practice Coaching Sessions**

Beginning in Week 5, you will be actively engaged in practice coaching sessions with your classmates. You will be placed into a triad or dyad and remain in your designated group until the completion of each coaching round. You will participate in two full rounds of coaching consisting of a total of 11 in class coaching sessions.

### **Coaching an Outside Client**

In addition to coaching in class, beginning in week 10, you will also be coaching an outside client for the last six weeks of class. All sessions will be recorded to allow both yourself and your instructor/mentor to provide feedback on your coaching sessions. There is tremendous value in watching yourself coach. Self-evaluation is one of the best ways to deepen your coaching skills, discover your patterns and tendencies, appreciate your strengths and bring light to areas you may wish to improve upon.

### **Exam Prep Course**

As a KGR student, upon completion of the program, you will gain full access to our Exam Prep Course, at no cost. Our course consists of a full 150 question exam, completed NBHWC study guide of all core competencies, all recorded lectures and videos from class, tips for how to prepare for exam day, successful test taking tips and more.

At KGR, we are committed to accessibility. Please do not hesitate to reach out at any time throughout our time together. We look forward to working with you. Welcome to the KGR family!

### **Contact Information**

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