

wellcoaches®

MFA
Medical Fitness Association
The Rx For Better Health



Core Coaching Competencies for Health, Fitness, and Wellness Professionals

Join Erika Jackson – Executive Wellcoach and faculty member, Wellcoaches Corporation, a strategic partner of the ACSM and MFA, for a one-day workshop on *Core Coaching Competencies for Health, Fitness and Wellness Professionals*. Erika will teach and demonstrate evidence-based coaching skills through experiential exercises. You will be introduced to concepts that will enable you to work with your clients in a way that gives them the inspiration, power, and confidence to make lasting lifestyle changes. This workshop is appropriate for both experienced coaches and for those new to coaching.

Workshop: Core Coaching Competencies for Health, Fitness, Wellness Professionals

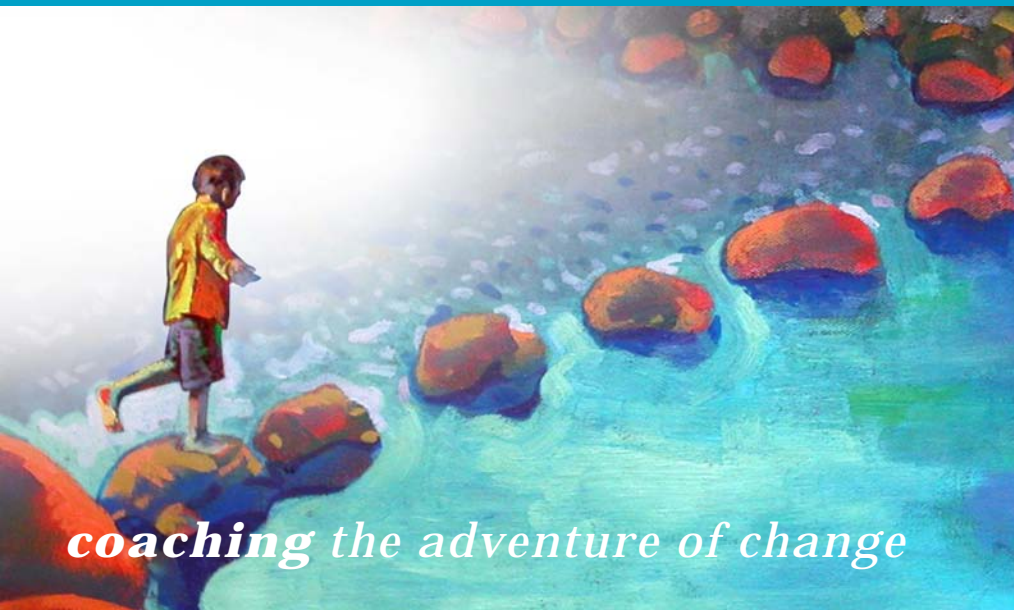
Date/Time: November 7, 2009; 9 am to 5 pm (lunch on your own)

Location: Grant Health & Fitness Center
340 E. Town St. 9th floor, Columbus, Ohio 43215

Price: \$195 which includes a 1 year Wellcoaches membership or 1 year membership extension if you are already a member. Go to www.wellcoach.com for more info on membership benefits.

Register: To register [Click Here](#) or for more information contact workshops@wellcoaches.com or 866 932 6224 ext 702.

CECs: ACSM - 7 continuing education credits;
Wellcoaches – 7 Continuing Coaching Education hours

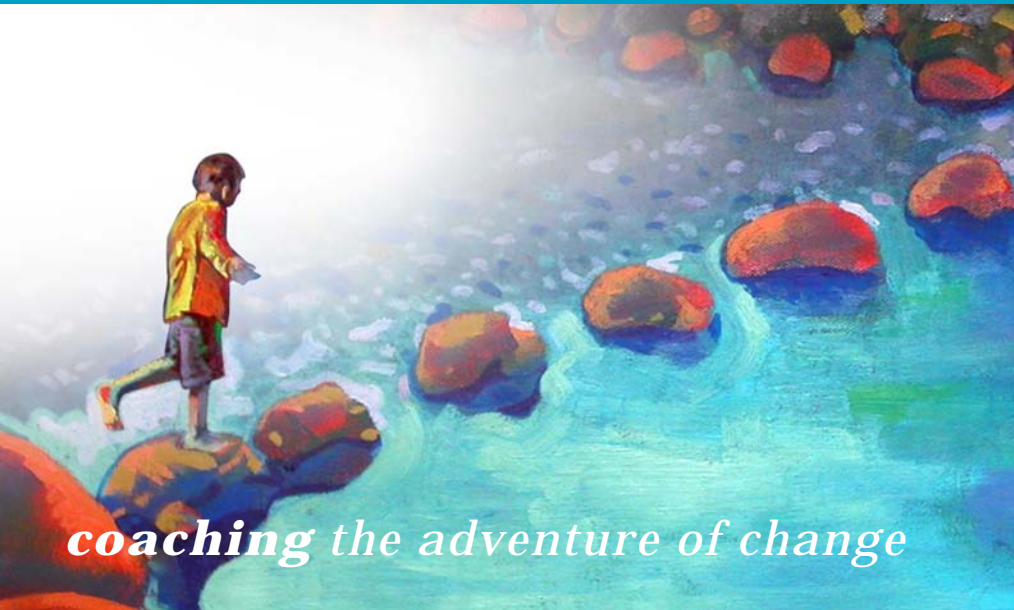


coaching the adventure of change

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*When a client has a coaching session with a great coach, she says “**WOW, I’m good!**”*

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The workshop will include:

1. An introduction to positive psychology and the impact of positive emotions and life satisfaction on health
2. Discussion of why we need coaching competencies and the theoretical foundation of coaching psychology
3. Basic coaching competencies that enable growth-promoting relationships, and the development and nurturance of motivation
4. Overview of basic tools to support the journey of change
5. A coaching demonstration of a foundational coaching session, creating a Wellness Vision
6. An exploration of character strengths and the use of strengths-based coaching tools
7. Several opportunities to practice key coaching skills such as mindful listening, open-ended inquiry, and perceptive reflections