

# The Art & Science of Health Coaching

## The Art & Science of Health Coaching

Building health and well-being

one conversation at a time



This Program is Erickson's first complex niche-specific health coach training that meets the current high demand for a program that combines and complements standard health-supporting approaches with the power of effective coaching conversations.

Through taking The Art & Science of Health Coaching program, you will develop a solid foundation in the theory and practice of solution-focused coaching while both promoting health and supporting disease prevention. Fulfill your purpose to help others realize their potential to advance their mental and physical health. Discover how to develop your mastery in empowering those facing health challenges so that they can live to the fullest and to take actions that align with their bigger vision. This program will empower you to assist people to move beyond their challenges, stress, or trauma. You will learn to support them in building resourcefulness and mastering sustainable healing processes with health-promoting behavior.



### By taking The Art & Science of Health Coaching program, you will:

- Widen your knowledge and coaching skill set from the perspective of modern medical science, neuroscience, integrative healthcare, and the whole person's perspective
- Learn and practice key coaching competencies that lead to transformational conversations supporting health and well-being
- Understand how to integrate the latest findings of neuroscience and medical science into your work as a coach
- Learn to work with personal goals, emotions, and relationships in support of building a healing cycle and adhering to health-promoting behavior
- Build coaching skills to support your client to make health-related decisions
- Learn to assist your client with integrating their values for health, healing and well-being, and with integrating core values with life purpose
- Widen your coaching skills assisting your client to tune their inner dialogue for healing and well-being
- Expand your skill set to assist your client in using imagery and mindfulness for health and well-being
- Understand processes that support clients in the end-of-life care
- Deepen coaching skills assisting managing stress
- Develop skill sets and knowledge to support your client to modify their habits and build a healthy lifestyle
- Learn to identify risk factors for chronic disease
- Become familiar with commonly used biometric measures
- Gain working familiarity with current medical recommendation for health-promoting behavior
- Learn to recognize the potential imminent danger and medical red flags

### Continuing Education Credits for Coaches

*The Program leads the learner to successfully apply for the Associate Certified Coach (ACC) designation level issued by the International Coach Federation (formally known as the ACC-ACSTH Path).*

For more details call 1-800-665-6949 or visit online: [erickson.edu/art-science-health-coaching](http://erickson.edu/art-science-health-coaching)

[erickson.edu](http://erickson.edu)

201 - 2555 Commercial Drive, Vancouver, BC, V5N 4C1 Tel: 604.879.5600 TF: 1.800.665.6949 [Contact Us](#)

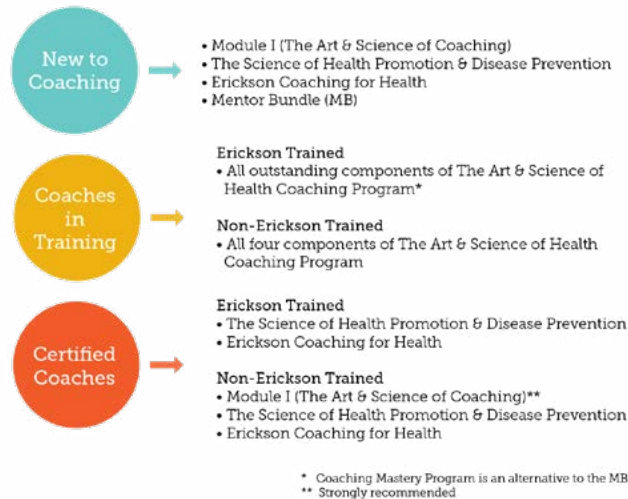
 @EricksonCoaches  Erickson Coaching International

# The Art & Science of Health Coaching

## Program Curriculum

### Who is it for?

This program is for aspiring health coaches - persons aiming to develop their coaching niche around health & wellness.

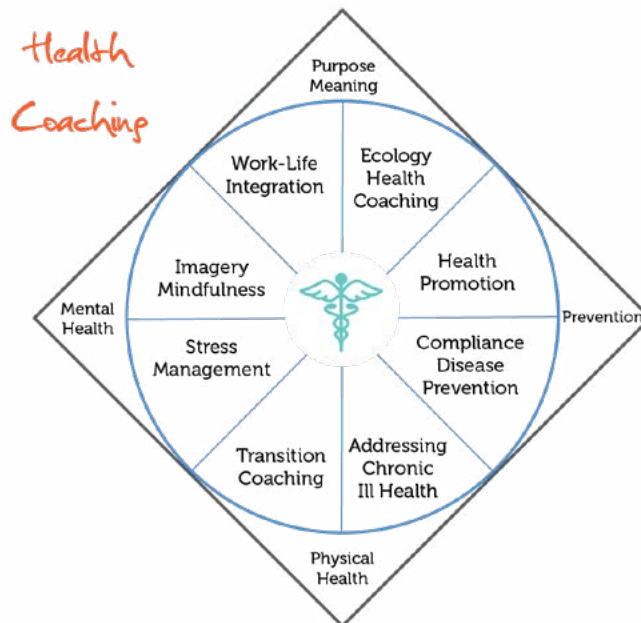


The program is suitable for learners:

- with no previous education or training in the health and wellness arena,
- with previous training in various healthcare professions: nurses, physiotherapists, dietitians, consultants, counselors, yoga or fitness trainers, etc.

### Why The Art & Science of Health Coaching?

Health coaching has emerged as a powerful service market with a strong growth outlook worldwide. The rationale for its growth is provided by numerous research studies showing that health coaching is an effective strategy enhancing personal insight, advancing healing, and shaping desired health-promoting behavior in persons aiming to prevent and/or address a wide variety of health-related conditions.

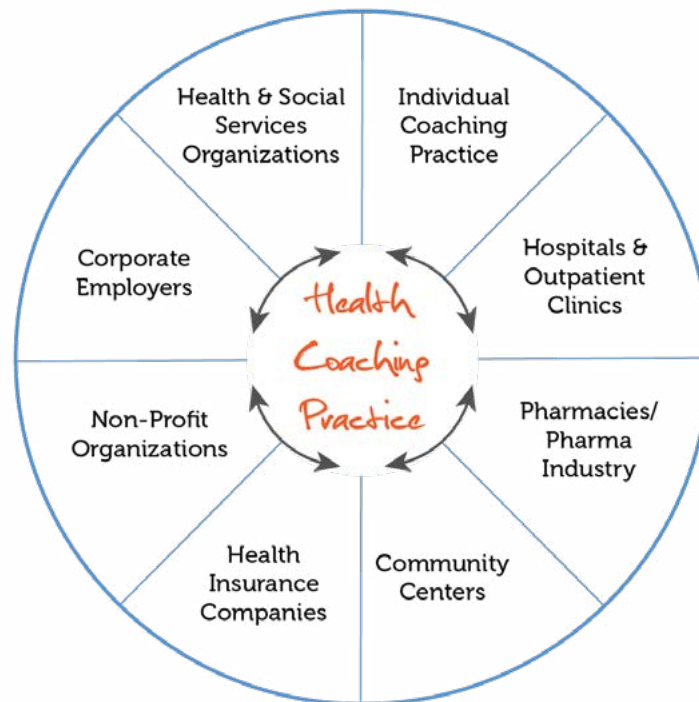


The program trains coaches to support their clients in advancing multiple levels of their own healing potential and in sustaining health-promoting behavior. It incorporates and teaches the latest findings from medical science, neuroscience, and social sciences.

# The Art & Science of Health Coaching

## Program Curriculum

Upon taking this program, you may develop your individual health coaching practice and/or partner with organizations involved in health coaching.



### Continuing Education Credits for Coaches

*The Program leads the learner to successfully apply for the Associate Certified Coach (ACC) designation level issued by the International Coach Federation (formally known as the ACC-ACSTH Path).*

- **The Art & Science of Coaching – Module I**  
This course is recognized by the International Coach Federation (ICF) as a course supplying 32 Core Competencies hours known as CCE units (Continuing Coach Education units). Combined with the additional training hours provided by Erickson Coaching for Health course, the total is considered as Approved Coach Specific Training Hours (ACSTH) that are to be used at the time of applying for the ACC designation.
- **The Science of Health Promotion & Disease Prevention**  
This course is built to supply the learner with the key scientific knowledge on health promotion and disease prevention in line with the educational requirements of health coach training.
- **Erickson Coaching for Health**  
This course is recognized by the International Coach Federation (ICF) as a course supplying 42 Core Competencies training hours and 6 Resource Development hours, for a total of 48 Approved Coach Specific Training Hours (ACSTH). When an already credentialed coach (ACC, PCC, or MCC) takes the Erickson Coaching for Health course, they can use those training hours towards their required CCE hours for renewal.
- **Mentor Bundle**  
This component aims to prepare Learners for applying successfully to the International Coaching Federation (ICF) for the Associate Certified Coach (ACC) designation mentioned above. The Mentor Bundle specifically prepares the Learner to properly create the required coach session recording that must be submitted with the application and to pass the ICF Coaching Knowledge Assessment.

Graduation from the Coaching Mastery Program represents an alternative to the Mentor Bundle (i.e., Erickson graduates are not required to take the Mentor Bundle for completing The Art & Science of Health Coaching program).

# The Art & Science of Health Coaching

## Program Curriculum

The Art & Science of Health Coaching is a niche-specific coach training program. The four program components are:

- **Module I of The Art & Science of Coaching**  
Offered as a 4-day on-site course or 11 online sessions (3.25 hours each)
- **The Science of Health Promotion & Disease Prevention**  
Offered as a 2-day on-site course or 5 online sessions (3.25 hours each)
- **Erickson Coaching for Health**  
Offered as a 6-day on-site course or 12 online sessions (3.25 hours each)
- **The Mentor Bundle**  
Offered as 10 online mentor hours (3 one-on-one and 7 group mentor hours)

### The Art & Science of Coaching – Module I

The course curriculum for The Art & Science of Coaching - Module I is divided into four levels:

#### Level 1: Setting the Foundation

The first Level is designed to empower you with understanding the elements of a coaching relationship and the Solution-Focused coaching arrow.

#### Level 2: Powerful Questioning

You will learn to use planning, scaling, and open-ended questions in coaching and will discover ways to make open-ended questions more open-ended. You will expand your learning by understanding the Ericksonian principles, coach position, and the principles of Solution-Focused coaching.

#### Level 3: The Brain & Visualization

After setting the foundations for powerful questioning and coach position, you will explore the logical levels model and will learn to use the logical levels questioning format in assisting your clients in reaching their goals. You will discover the power of the 'As-If' frame questioning in supporting visualization.

#### Level 4: Solution-Focused Communication

At this Level, you will expand your Solution-Focused communication skills and will learn to use Solution-Focused feedback. You will also discover the distinctions between the four tones of voice and their use in coaching.

### The Science of Health Promotion & Disease Prevention

The course curriculum for The Science of Health Promotion & Disease Prevention is divided into four levels:

#### Level 1: Understanding Health & Wellness

The first Level of this information-based educational course is designed to highlight the role of medical science in formulating recommendations and guidelines for health promotion and disease prevention. You will learn key scientific concepts of health and well-being, the 'Illness-Wellness Continuum' and well-being indices. You will discover how to promote the knowledge of the links between planetary and human health. Finally, you will explore how to use the understanding of health and well-being concepts and of the role of health coaching in addressing current ecological challenges in your practice.

#### Level 2: Supporting Health-Promoting Behavior

This Level will empower you with a detailed understanding of internationally accepted key medical recommendations for healthy nutrition, based on guidelines designed by health authorities and scientists. You will also gain deep insight into national and international recommendations for physical activity and will learn ways how to incorporate this knowledge into your health coaching practice.

#### Level 3: Building Mental Health & Wellness

After studying recommendations for health-promoting nutrition and physical activity, you will learn key biomedical information on how sleep hygiene and relaxation or meditation practices support mental health. You will recognize associations between inadequate sleep and chronic conditions and principles of sleep hygiene. You will also expand your insight on how health coaches build-in various relaxation and meditation practices in their practice.



# The Art & Science of Health Coaching

## Program Curriculum

### Level 4: Addressing Chronic Conditions

This Level is designed to provide you with an understanding of key biomedical information on chronic non-communicable conditions, namely obesity, metabolic syndrome, diabetes, atherosclerosis, heart attack, and stroke. You will learn to recognize warning signs of acute worsening of these conditions. Also, you will expand your skills to creatively use and apply relevant knowledge regarding health-promoting behavior in supporting cardiovascular, metabolic, and immune system health.

### Erickson Coaching for Health

The course curriculum for Erickson Coaching for Health is divided into six levels:

#### Level 1: Promoting Health & Well-Being

You will learn about the role of health coaching in healthcare systems and about its place in helping professions outside healthcare. You will discover a helpful map called the 'logical levels of freedom', which supports and outlines a way of developing inner resourcefulness at times of health challenges, and will learn the impact of coaching-style communication in fostering health, healing, and well-being. This is further supported by expanding your insight into contemporary neuroscientific evidence that outlines the links between coaching communication and brain and mind functioning.

#### Level 2: Building a Healing Cycle

After exploring the impact of coaching-style communication on healing, you will find a way to connect to the 'healing cycle' paradigm to assist your clients to uncover a strong sense of well-being. You will learn to support your clients in discovering their motivation towards building their own inner healing cycle and moving beyond obstacles and fears. You will discover how searching for opportunities for wellness, acting on wellness, and connecting to others through wellness support the person's life legacy and purpose. Also, you will learn to assist your clients to design their inner dialogue in support of health and healing.

#### Level 3: Expanding Health & Well-Being with Imagery & Mindfulness

This Level is designed to expand your creativity in using imagery and visualization towards initiating and maintaining healing processes in yourself and your clients. You will explore how mindfulness and mental imagery support physical health and well-being and will learn to use healing metaphors for personal health and empowerment. Finally, you will discover ways to expand joy and build balance at challenging times, and thus to move beyond difficulties with a sense of gratitude and inner peace.

#### Level 4: Deepening Core Values Health Coaching

In this Level, you will learn to support the client to align their core values, discover their life purpose, and move beyond inner obstacles that may impede them in moving forward to reaching their health & wellness-related goals. You will also learn to assist your clients in expanding their perception from various perspectives, thus fostering health & healing, communication, and social & emotional development.

#### Level 5: Building Thinking Flexibility for Individual & Collective Health

After exploring the impact of core values health coaching, you will establish a deep understanding of various thinking styles and will learn to utilize coaching questions involving the both, 'inner' and 'global' ecology perspective. You will also discover ways to assist your clients in expanding their thinking flexibility, thus assisting them in decision-making processes supporting their individual and also the collective and environmental health.

#### Level 6: Expanding Health Coaching Mastery

This Level is designed to expand your skills in applying coaching conversations to assist healthcare professionals in developing powerful inner metaphors and building life-work balance, thus preventing burnout. Finally, you will discover ways to support clients in building their commitment to learn and master a long-term skill set that is valuable for their health and wellness.

# The Art & Science of Health Coaching

## Program Curriculum

The Building a Healing Cycle program curriculum is divided into three levels:

### Level 1: Promoting Health & Healing by Coaching

You will learn about the role of health coaching in healthcare systems and about its place in helping professions outside healthcare. You will discover a helpful map called the 'logical levels of freedom', which supports and outlines a way of developing inner resourcefulness at times of health challenges and will learn the impact of coaching-style communication in fostering health, healing and well-being. This is further supported by expanding your insight into contemporary neuroscientific evidence that outlines the links between coaching communication and brain and mind functioning.

### Level 2: Doorways to Healing & Wellness

After exploring the impact of coaching-style communication on healing, you will find a way to connect to the 'healing cycle' paradigm to assist your clients to uncover a strong sense of wellbeing. You will learn to support your clients in discovering their motivation towards building their own inner healing cycle and moving beyond obstacles and fears. You will discover how searching for opportunities for wellness, acting on wellness, and connecting to others through wellness support your life legacy and purpose.

### Level 3: Building Prospective Futures Through Healing

This Level is designed to expand your creativity in using imagery and visualization towards initiating and maintaining healing processes in yourself and your clients. You will explore how mental imagery supports physical health and wellbeing and will learn to use healing metaphors for personal health and empowerment. Finally, you will discover ways to build balance at challenging times and to move beyond difficulties with a sense of gratitude and inner peace.

### Why Building a Healing Cycle?

Current medical research suggests that chronic conditions may be seen as a whole-body systems problem in which the healing system is blocked. Therefore, unblocking and supporting the healing potential is the key to the prevention of chronic conditions and to maintaining strong health in the long run.

This course explores how to advance the many levels of own healing potential. It incorporates the latest findings within medical science. Recognizing personal aims, experiencing life purpose, exploring creative strategies and choices about future actions are key components on the path to health.