

Nested Health Coach Certification

September 8 – December 1, 2023

25 hours CE for CNSs

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- E-mail: nested@cliniciansincubator.com
- Slack: <https://nestedhealthcoach.slack.com/>
- Calendly: <https://calendly.com/nested-faculty>

Course Description

Nested Health Coach Certification teaches health professionals to help their clients make lasting and transformative behavior change. The Nested program is designed for working professionals who want to sharpen their coaching skills through a highly experiential learning environment.

Preferred Prerequisites

- Bachelor's degree in any field, AND
- Healthcare or behavioral health license (or license eligible including CNS candidates and RD2BE), preferred

Learning Outcomes

After successful completion of this course, you will be able to:

1. Assess individual lifestyle-related risk factors for chronic diseases in diverse populations in a culturally curious manner.
2. Utilize evidence-based wellness coaching techniques to promote healthy behavior change.
3. Apply health behavior theory in health coaching
4. Demonstrate understanding of prevention approaches, self-care practices, and appropriate intervention and treatments when needed.

Course Materials

All course materials will be provided.

Course Format

This is a fully online live 12-week course with three weekend intensives and weekly 2.5-hour meetings. Course materials are available via Slack. Regular Internet access is essential for successful completion of the course.

The typical class structure will consist of synchronous content, including:

- Short Lectures
- Group Exercises, Discussions, Assessments and Evaluations
- Individual Evaluations and Exercises

One critical part of this class is regular interaction with other students and with your instructor during our live class meetings, as such, we greatly prefer that your camera is on during Zoom sessions. Download a [printable schedule here](#). [Click here](#) to add the Google calendar to your personal calendar.

Absences

Attendance Policy for Nested Health Coach Certification

The purpose of this Attendance Policy is to establish clear guidelines and expectations regarding coaching student attendance in order to promote a positive and productive learning environment. Regular attendance is crucial for academic success and skill development.

Attendance Expectations

All coaching students are required to attend each session fully and punctually as required for NBC-HWC certification. Zoom cameras are expected to be on during course sessions unless you've coordinated with your course instructor for an exemption.

Sporadic Absences:

If you need to be late or absent from a session, you must make it up by watching the recording of the portion of the session you missed (posted to Slack within 48 business hours), and completing the included activity (quiz or journal prompt) as indicated in the [Nested Course Program Guide](#) within 3 weeks of the missed session. Sessions that are not made up will result in graduation being held until they are made up. Please see the following information to determine how sporadic absences will be handled:

NBHWC Competency Areas 1, 2, and 4:

Due to a requirement that students achieve at least 40 hours of live instruction in NBHWC Competency Areas 1, 2, and 4, only 20 *TOTAL* hours from the following sessions may be made up using the method listed above. If you must be absent for more than 20 hours from these sessions, you'll need to make them up through live instruction with course faculty at a rate of \$150/hour.

NBHWC Competency Area 3:

Students may make up absences that occurred during sessions covering NBHWC Competency Area 3 asynchronously as described in the Sporadic Absences section above. Category Area 3 will be covered during the session dates marked as green below.

Leave of Absence:

If a longer-term leave of absence is necessary, please discuss your needs with the program director. Depending on where you are in the course, and the duration of the leave, you may be invited to make up those hours asynchronously once you return from leave, or invited to complete those hours with the next cohort.

Course Communication and Feedback

Questions about coaching should be directed to Laura Demeri in Slack. Laura plans to check messages twice weekly, on Tuesdays and Thursdays. You may also post questions pertaining to coaching to the weekly slack channels. Be aware that your peers may see and respond to those messages.

Administrative questions go to Meg Bowman via slack or email to nested@cliniciansincubator.com. Generally, I will reply to chat messages within 24 business hours.

Announcements will be posted to this course whenever necessary via email and Slack. If there is any other information I think is important, I will send it to your email address you have provided.

Technology Requirements

Online lectures will be provided through Zoom. Therefore, you must have access to the Internet to view/hear lectures. Sign up for a free Zoom account prior to the first course. Instructions on how to sign up for Zoom can be [found here](#).

The lecture presentation slides, links to articles, assignments, quizzes, and rubrics are located in Slack. You can [get access to the Nested Slack channel here](#). To participate in learning activities and complete assignments, you will need:

- Access to a working computer that has a current operating system with updates installed, plus speakers or headphones to hear lecture presentations (closed captioning will be turned on during course sessions);
- Reliable Internet access and an email account;
- A current Internet browser that is compatible with Zoom (Google Chrome is the recommended browser);

If you have further questions or need help with the software, please contact Meg Bowman at nested@cliniciansincubator.com.

Minimum Technical Skills Needed

Minimum technical skills are needed in this course. Course scheduling, billing, and administration will be conducted through Practice Better. Therefore, you must have consistent and reliable access to a computer and the Internet. The minimum technical skills you have include the ability to:

- Organize and save electronic files;
- Use email and attach files;
- Check email;
- Download and upload documents;

- Locate information with a browser; and
- Use Slack.

Course Assignments and Grading

General Assignment Information

- The bulk of the coursework (assignments, assessments, program and faculty evaluations, and practice coaching sessions) is completed during the live weekly meeting sessions. In addition, course completion requirements include:
 - Live review of 3, 20-minute client coaching sessions (recorded on your own time). You will meet with your instructor 3 times for 45 minutes during which time the instructor will provide live feedback.
 - Please select a different Nested faculty member for each PSA review using the link provided in Slack.

Miscellaneous

Evaluation

For graduation, three practical skills assessments (PSAs) are required, with a passing aggregate grade of 80% or higher.

Grading rubrics have been developed for providing feedback of the PSAs that occur over the course of Nested. You can view that rubric in your individual google folder (please see the welcome email for the link).

Passing score on the PSAs is 80% or higher on the aggregate 3 assessments. Aggregate scores of less than 80% will not be awarded a certificate of completion for the program.

If an NBC-HWC candidate does not receive 80% in any single PSA, the candidate will be offered the opportunity to record another session with a client of their choosing, and receive one additional feedback session with course faculty. If the student passes the redo session with 80% or higher, the rescheduled PSA score

will replace the initial PSA score. If the candidate does not pass the replacement PSA with a score of 80% or greater, they are welcome to try again, with an additional fee of \$125/attempt to account for faculty time.

PSA Evaluation Windows:

- Practical Skills Assessment #1: Review completed PSA with faculty between 9/25/23 - 10/6/23.
- Practical Skills Assessment #2: Review completed PSA with faculty between 10/11/23 - 10/20/23.
- Practical Skills Assessment #3: Review completed PSA with faculty between 10/25/23 - 11/03/23.

Group Chat

A group chat will be available within Slack.

Test Preparation

Nested Health Coach Certification meets the training requirements to be eligible to sit for the HWC Certifying Examination required to become a National Board Certified Health and Wellness Coach. Test preparation materials are available asynchronously via the Nested program in Slack.

Class Conduct/Netiquette

Professionalism will be expected at all times. Because Nested is a place designed for the free exchange of ideas, we must show respect for one another in all circumstances. We will show respect for one another by exhibiting patience and courtesy in our exchanges. Appropriate language and restraint from verbal attacks upon those whose perspectives differ from your own is a minimum requirement. Courtesy and kindness is the norm.

Diversity and Inclusion

Nested Health Coach Certification is committed to an environment that is inclusive, safe, and respectful for all persons. To that end, all activities will be conducted in an atmosphere of friendly participation and interaction among

colleagues, recognizing and appreciating the unique experiences, background, and point of view each student brings.

Accessibility, Disability, and Triggers

I am committed to ensuring course **accessibility** for all students. If you have a documented **disability** and expect reasonable accommodation to complete course requirements, *please notify me at least one week before accommodation is needed*. Likewise, if you are aware of cognitive or emotional **triggers** that could disrupt your intellectual or mental health, please let me know so that I can be aware in terms of course content.

CEs

Certain parts of the Nested Health Coach Certification are eligible for continuing education for CNS providers. Upon completion of the program, a CE survey will be provided for you to fill out. Once this is complete, you will receive an email with your CE certificate.

Course Schedule

| Date | Topic | Time |
|-----------------------|---|--------------------|
| Friday, September 8 | The Trauma-Informed Coaching Relationship | 1:00-6:50 pm EST |
| Saturday, September 9 | Learning to Listen | 10:00-5:35 pm EST |
| Sunday, September 10 | How to Engage and Evoke | 10:00-5:10 pm EST |
| Friday, September 15 | The Coaching Session Structure | 1:00 – 3:30 pm EST |
| Friday, September 22 | Strengthening Coaching Skills | 1:00-3:30 pm EST |
| Friday, September 29 | How to Prepare for Coaching Sessions | 1:00-3:30 pm EST |
| Friday, October 6 | Adding Tools to the Coaching Toolbox | 1:00-6:30 pm EST |
| Saturday, October 7 | What is health? How do we achieve health? | 10:00-5:40 pm EST |
| Sunday, October 8 | The Science of Happiness | 10:00-5:10 pm EST |
| Friday, October 13 | Professional Development | 1:00-3:30 pm EST |
| Friday, October 20 | Strengthening Coaching Skills Part 2 | 1:00-3:30 pm EST |
| Friday, October 27 | Trauma Informed Nutrition Part 1 | 1:00-3:30 pm EST |
| Friday, November 3 | Trauma Informed Nutrition Part 2 | 1:00-6:30 pm EST |
| Saturday, November 4 | Strengthening a Growth Mindset | 10:00-5:40 pm EST |

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| Sunday, November 5 | Total Wellness | 10:00-5:10 pm EST |
| Friday, November 10 | Assessing Health Information | 1:00-3:30 pm EST |
| Friday, November 17 | Ethics | 1:00-3:30 pm EST |
| Friday, December 1 | Skill Review and Practice | 1:00-3:30 pm EST |