



Enrollment Cohort: Spring 2024

[Enroll Now To Save Your Seat](#)

Early Bird Enrollment Save 30% thru December 31st, 2023

Students in the Spring '24 cohort will be eligible to take the NBHWC exam in Fall of 2024 if all requirements of the National Board have been met (including the log of 50 coaching sessions). Please click [here](https://nbhwc.org/become-a-board-certified-coach/) to see the requirements: <https://nbhwc.org/become-a-board-certified-coach/>

Live Sessions on Thursdays: February 8, 2024-May 23, 2024: attend AM or PM

Independent Work: May 23, 2024-July 18, 2024 (can be completed early)

Pacific Time	Mountain Time	Central Time	Eastern Time
7-9 am pt 4-6 pm pt	8-10 am mt 5-7 pm mt	9-11 am ct 6-8 pm ct	10am-12pm et 7-9 pm et

Agenda: Weekly Focus	Date of Live Session: Thursdays
Pillar 1 Week 1: Welcome and Introduction to Coaching and Discovery Sessions	February 8th
Week 2: Hosting Discovery Sessions	February 15th
Week 3: Coaching with Intake Forms / Understanding Scope of Work	February 22nd
Week 4: Exploring a Client's Vision and Defining Goals	February 29th
Pillar 2 Week 5: Stages of Change and Motivational Interviewing	March 7th
Week 6: Integrating Values into Coaching	March 14th
Week 7: Coaching Clients through Nutrition Goals	March 21st
Week 8: Coaching Clients who are Pre-Diabetic	March 28th
Pillar 3 Week 9: Coaching Clients through Stress and Emotional Wellness	April 4th
Week 10: Affirmations, Visions Boards, and Growth Mindset	April 11th
Week 11: Coaching Clients with Fitness Goals	April 18th
Week 12: Coaching Difficult Clients	April 25th
Healthy Lifestyle Week 13: Coaching Clients with Chronic Health Conditions	May 2nd
Week 14: Coaching Clients with Alcohol, Tobacco, and other Drug Use	May 9th
Week 15: Coaching Clients through Life Balance Goals	May 16th
Week 16: Holistic Coaching - Meeting the Whole Client	May 23rd



FAQ's

Does this program qualify me for the National Exam or do I need to take another course?

Yes, this certification program qualifies you for the NBHWC National Exam, no other courses are needed. You will receive a letter of eligibility along with your certificate once you've completed all program requirements (online content/modules and live, mock coaching sessions with your peers on Thursdays).

Will this program prepare me for the National Exam?

Yes, this program will prepare you for the National Exam. In addition, we have an NBHWC study course available to you **for free** upon completion of the Expert Coach Center program.

How long is the program?

The Fall and Spring cohorts run for 16 weeks of live sessions (held on Thursdays- both AM and PM sessions are available). Upon completion of the 16 weeks of live sessions, students have 8 weeks of independent work to complete. Our Summer program is condensed into 8 weeks of live sessions held on Tuesdays and Thursdays and 6 weeks of independent work. All cohorts, regardless of timeline, have the exact same curriculum.

Is there a final assessment I need to pass in order to earn my certification?

Yes, the 8 weeks of independent work consist of showcasing your coaching skills through a collection of 6 recorded coaching sessions, completed with the same client, and a written reflection. A 60-minute Zoom call to obtain feedback on these sessions is a requirement of certification.

Can I finish early?

Yes, in the Fall/Spring 24-week cohort, it is possible to finish the program before 24 weeks. Live sessions run for 16 weeks and then the remaining 8 weeks is independent work time. It is not possible to complete the Summer program early.

What happens if I don't finish the classes within that time?

You have a full year to complete the classes and you may attend the live sessions of another cohort at no additional cost. After one year, you may choose to re-enroll in a new cohort for a \$500 re-enrollment fee. The re-enrollment fee is necessary since you would be taking a spot in an additional cohort and we aim to keep our cohorts small.

I'm in the military, what happens if I need to pause my classes?

If you are in the military and can provide the requested documentation, you are able to pause and return as your schedule allows. There is no additional cost with the proper documentation.

What else do I get with my enrollment?

We welcome you to our private Facebook group where you can continue to collaborate with others in the field.

If you would like continued access to content, you can join our annual ECC membership for \$97.00/year. The proceeds help support our Wellness Warrior scholarship program. Membership includes access to our content bank, continued support from ECC instructors, and discounted CE courses through ECC.

What happens if I finish my classes but I don't make it to all the live sessions?



- To earn your certificate as a Certified Expert Wellness Coach (CEWC) you will need to complete your coursework and log 30 live hours, in addition to passing the final Practical Skills Assessment. Your PSA counts towards the 30 hours.
- To earn your certificate of eligibility needed to register for the NBHWC exam, you will need to complete your coursework and log 40 live hours, in addition to passing the final Practical Skills Assessment. Your PSA counts towards the 40 hours.
- You are able to join the live sessions of another cohort during your 1-year access and can work towards achieving the required 40 live hours. If you need more time to complete the 40 live hours after your year expires, you can pay a \$500 re-enrollment fee and you will continue to have access to the live sessions.

Do you have a coupon code that I can use?

Thanks for asking. I love to save money too! We offer coupon codes for early enrollments. These are posted on our website.

Do you have payment plans?

Yes, we offer a 6-month and 12-month payment plan. Your tuition must be paid in full before receiving your certificate.

What if I enroll and then decide your program isn't for me?

Please set up a no-pressure Q and A call with our success coach to make sure you are choosing the right certification program in advance. We believe in our product and provide fantastic support to our students, but understand that there is no "one size fits all" program.

We want this to be a great experience for you and if it isn't, we encourage you to reach out to our Owner and Director, Holly Miller, to discuss solutions. Holly can be reached at hollymiller@expertcoachcenter.com.