Summer 2026 Accelerated Cohort

Begins June 21, 2026, with live sessions beginning June 23, 2026.
Group rates are also available.

Enroll Now To Save Your Seat

Students in the Summer26 cohort will be eligible to take the NBHWC exam in Fall of 2026* if all requirements of the National Board have been met (including the log of 50 coaching sessions).
Please click here to see the requirements: https://nbhwc.org/get-board-certified/

*(*Please Note: Students *could* sit for the Fall 2026 exam, but it would require intentional preparation and likely a previous knowledge base of health and wellness prior to taking the course. It may be a challenge to meet the deadline to apply.)*

Live Sessions on Tuesdays and Thursdays: June 23- August 6, 2026, (no sessions the week of July 12th)
Students must attend a live session on both days, AM or PM.

	Pacific Time	Mountain Time	Central Time	Eastern Time
AM Cohort	6-9 am pt	7-10 am mt	8-11am ct	9am-12pm et
PM Cohort	3-6 pm pt	4-7 pm mt	5-8 pm ct	6-9 pm et

Summer 2026 Calendar

Agenda: Weekly Focus for Digital Modules and Practice Coaching	Live Session Dates
Pillar 1 Module 1: Introduction to Coaching and Discovery Sessions	June 23rd
Module 2: Hosting Discovery Sessions	June 25th
Module 3: Coaching with Intake Forms / Understanding Scope of Work	*
Module 4: Exploring a Client's Vision and Defining Goals	June 30th
Pillar 2 Module 5: Stages of Change and Motivational Interviewing	July 2nd
Module 6: Integrating Values into Coaching	July 7th

Module 7: Coaching Clients with Nutrition Goals	July 9th
Module 8: Coaching Clients with Time Management Concerns	*
Break	
Pillar 3 Module 9: Coaching Clients through Stress and Emotional Wellness	July 21st
Module 10: Affirmations, Visions Boards, and Growth Mindset	July 23rd
Module 11: Coaching Clients with Fitness Goals	*
Module 12: Coaching Difficult Clients	July 28th
Healthy Lifestyle Module 13: Coaching Clients with Chronic Health Conditions	July 30th
Module 14: Coaching Clients with Alcohol, Tobacco, and other Drug Use	Aug 4th
Module 15/16: Coaching Clients through Life Balance Goals; Whole Client	Aug 6th
Module 17: Social Determinants of Health	Independent
Module 18: Theories in Coaching	Independent

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).

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?

Cohort	Weeks	Live Session Hours per Week
Spring (Feb-May)	15	2.5
Summer (June-Aug)	6	6 (2 days per week)
Fall (Sept-Dec)	15	2.5

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 independent work time consists of showcasing your coaching skills through a collection of 3 recorded coaching sessions, completed with the same client, and a written reflection. As a requirement for certification, students must schedule three Zoom calls (20 minutes each) to obtain feedback on these sessions.This is a requirement for all NBHWC - accredited programs.

What happens if I don't finish the program within that time?
You have a full year to complete all program requirements 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 (after your one year is up), you can join our annual ECC membership for $10 per month. The proceeds help support our Wellness Warrior scholarship program. Membership includes continued access to our content, continued support from ECC instructors, and discounted CE courses through ECC.

Mentorship support and strategy sessions post-graduation.

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

- To earn your letter 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 practice 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?
We offer coupon codes for early enrollments. These are posted on our website.

Do you have payment plans?
Yes, you can choose to pay via Afterpay or Klarna to utilize 3-24 month payment plans. If you do not qualify for either of those methods, reach out to ECC to determine financing options.

What if I enroll and then decide your program isn't for me?
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. Due to the intellectual property of the curriculum, we do not offer refunds once the course is purchased. We will work with each student to ensure success.