



## Enrollment Cohort: Summer 2024 Accelerated

Begins June 9, 2024, with live sessions beginning June 18, 2024.

[Enroll Now To Save Your Seat](#)

Early Bird Enrollment Save 30% thru May 1, 2024

Students in the Summer24 cohort will be eligible to take the NBHWC exam in Spring of 2025 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/become-a-board-certified-coach/>

**Live Sessions** on Tuesdays and Thursdays: June 18, 2024- August 1, 2024: AM and PM sessions available (choose one)

**Independent Work:** August 1-23, 2024; you have up to a full calendar year to complete all requirements of the ECC certification program

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

### Staff Contact:

<b>Owner and Live Session Instructor:</b> <b>Holly Miller, NBC-HWC</b> <a href="mailto:hollymiller@expertcoachcenter.com"><u>hollymiller@expertcoachcenter.com</u></a>	Hosts Live Sessions Zoom link Manages Discussion Boards Conducts PSA's	Please email your instructor if you are going to miss a live session or need help with an assignment.
<b>Success Coach: Tara Blades</b> <a href="mailto:tarablades@expertcoachcenter.com"><u>tarablades@expertcoachcenter.com</u></a>	<a href="#"><u>On-boards new students with a 1:1 meet and greet</u></a> Available for support and to answer any questions	Please email your Success Coach if you are falling behind, need help with the platform, or have questions about your certification requirements.

## Summer 2024 Agenda:

<b><i>Pillar 1: Designing a Coaching Practice and a Wellness Practice (Weeks 1)</i></b>				
June 18th Tuesday	6-9 am pt 3-6 pm pt	7-10 am mt 4-7 pm mt	8-11am ct 5-8 pm ct	9am-12pm et 6-9 pm et
June 20th Thursday				
<b><i>Pillar Two: Coaching Skills and Tools - Supporting a Client's Vision for Change (Weeks 2 &amp; 3)</i></b>				
June 25th Tuesday	6-9 am pt 3-6 pm pt	7-10 am mt 4-7 pm mt	8-11am ct 5-8 pm ct	9am-12pm et 6-9 pm et
June 27th Thursday				
July 2nd Tuesday	6-9 am pt 3-6 pm pt	7-10 am mt 4-7 pm mt	8-11am ct 5-8 pm ct	9am-12pm et 6-9 pm et
July 4th- no live session (record your practice discovery and vision and goal setting PSA this week)				
<b><i>Pillar Three: Coaching Relationships (Week 4)</i></b>				
July 9th Tuesday	6-9 am pt 3-6 pm pt	7-10 am mt 4-7 pm mt	8-11am ct 5-8 pm ct	9am-12pm et 6-9 pm et
July 11th Thursday				
<b><i>Summer Break: No live sessions the week of July 14th</i></b>				
<b><i>Healthy Lifestyle (Weeks 5 &amp; 6)</i></b>				
July 23rd Tuesday	6-9 am pt 3-6 pm pt	7-10 am mt 4-7 pm mt	8-11am ct 5-8 pm ct	9am-12pm et 6-9 pm et
July 25th Thursday				
July 30th Tuesday	6-9 am pt 3-6 pm pt	7-10 am mt 4-7 pm mt	8-11am ct 5-8 pm ct	9am-12pm et 6-9 pm et
Aug 1st Thursday				
August 1-August 23rd: Independent	<b><i>Complete your Practical Skills Assessment</i></b>			

### ***\*subject to change***

- If you successfully complete your course work, **log 30 hours**, and pass your final assessment you will receive your certificate as a Certified Expert Wellness Coach (CEWC).
- To be eligible for the NBHWC certifying exam you will need to **log 40 live hours**, complete the course work, and pass the final assessment.
- If you need to miss a live session, please contact your instructor for alternative options to make up the hours.

## Independent Work

- 1) Sign-up as a “client” for one of our recently graduated coaches. We have several people who are working towards the 50 coaching sessions needed for the national exam. This is an incredible opportunity to learn coaching when you are being coached by someone who just acquired the skills you’ll be learning. Reach out to Holly if you’re interested.
- 2) Group Coaching Assignment (1 hour) - students will observe a group coaching session and write a reflection (60 minutes plus reflection) - this can be completed anytime throughout the program.
- 3) **Practice PSA** (3 hours) - this can be started anytime after Pillar One (Week 4 of the program).
  - a) Record a 20-minute discovery session
  - b) Record a 40-minute vision and goal-setting session
  - c) Record a 30-minute routine follow-up session
  - d) *Alternatively, students can conduct three 30-minute sessions if it fits their scope of practice better*
  - e) Students should use the [rubric](#) and self-assessment as their guide for addressing the skills. Note - not all skills will be addressed. Submit a self-graded rubric in the course.
  - f) The instructor may provide feedback and guidance on the skills/areas you will want to work on for the final sessions.
- 4) **Final PSA** - should not be with friends or family members. It should be a different client from your practice sessions. (4 hours)
  - a) Record a 20-minute discovery session
  - b) Record a 40-minute vision and goal-setting session
  - c) Record a 30-minute routine follow-up session.
  - d) Record a 10-15-minute termination/closing session
  - e) *Alternatively, students can conduct alternative sessions if it fits their scope of practice better. Please consult with your current instructor on your plan.*
  - f) Submit practice sessions with [self-graded rubric](#)
  - g) Students will schedule a 60-minute feedback session with any instructor once everything is submitted.

## Completion

- ☐ Course Work
- ☐ Live Sessions 30-40 hours logged
- ☐ Group Coaching Assignment
- ☐ Practice PSA
- ☐ Final Pass/Fail PSA
- [Apply for your Certification](#)